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Bangalore Mirror ON SATURDAY

TEMP Max 32 | Min 22 | Humidity 38% Partly cloudy | Sensex 73,319 | Nifty 22,713 | Gold 1,49,650 | Silver 2,32,600 | Dollar 92.67 | Euro 107.28 | GBP 122.36

MEDICAL HAZARD

Survey shows low awareness about colorectal cancer in city, with many delaying medical consultation and relying on self-medication

PAGE 2

WALK ON BY

Footpath near metro station completely encroached upon, throwing pedestrians under the proverbial bus

PAGE 4

Activists call on state government to reconsider requirement of publishing notices of intended marriages under the Special Marriage Act, arguing that it intrudes into individuals' private lives

COURT MARRIAGE TO COURT TROUBLE?

Recent new law protects person's right to choose life partners, takes on crimes committed in name of 'honour'

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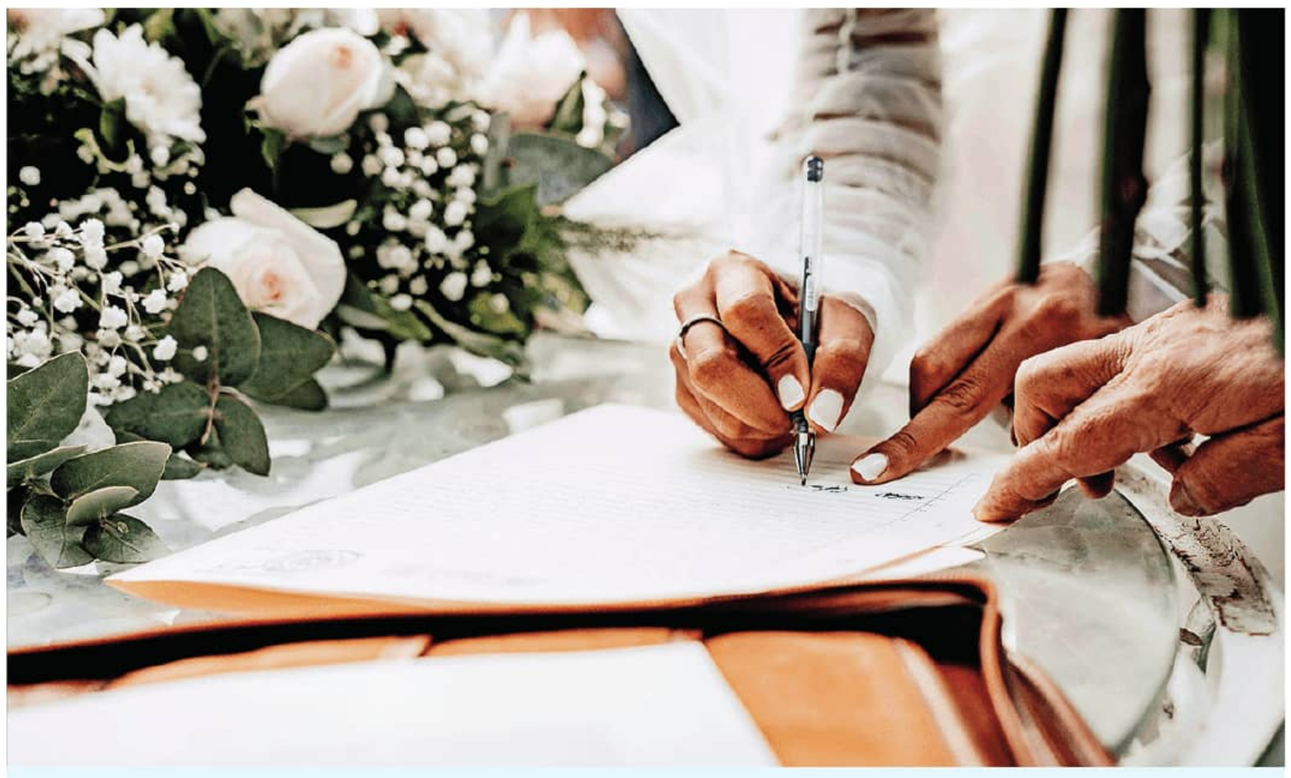

After the Karnataka legislature passed a new law aimed at protecting individuals' right to choose their life partners while addressing crimes committed in the name of 'honour', activists have called on the Karnataka government to reconsider the requirement of publishing notices of intended marriages under the Special Marriage Act (SMA), arguing that it intrudes into individuals' private lives.

In conversation with Bangalore Mirror, Sivamanithan S, an advocate, who has worked on cases with regard to honour killings, said that most of the provisions, such as designation of safe houses, made in the bill are guidelines that have been provided by the apex court through the Shakti Vahini case in 2018. The NGO Shakti Vahini, brought to the Court's attention instances where families and informal community bodies, including khap panchayats, were targeting consenting adults for choosing their partners. These groups often held gatherings to condemn such marriages, sometimes leading to violence, social boycott, or even killings. In response, the Supreme Court

CONTINUED ON PAGE 10 »

> **"Unlike marriages conducted under personal laws such as the Hindu Marriage Act, civil marriages under the SMA require public disclosure, which results in discriminatory treatment of couples choosing this route**
>
> —Sivamanithan S, advocate

LPG crisis brings autos to standstill

Drivers wait for hours in kilometres-long queues, hoping against hope in face of no-stock boards, as their livelihoods teeter on edge

KAUSHIK JN

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If you're struggling to find an auto in Bengaluru, don't blame the drivers — instead blame the US-Israel war on Iran. A severe auto LPG shortage, triggered by global supply disruptions, has left thousands of autorickshaw drivers stranded in endless queues, unable to earn a living.

Some auto drivers report they are having to return empty-handed even after waiting up to 10 hours or through the entire night; some have broken down in tears, narrating their plight.

At many gas stations, drivers began queuing up as early as 1 am, only to find supplies exhausted by morning. Long, snaking lines stretching for kilometres have become a routine sight across the city.

At Nagarabhavi Circle, drivers started lining up from 4 am, with queues extending far beyond nearby junctions. A similar scene played out at Subedar Palya on HMT Road, where the line crossed over a kilometre. Even at bunks displaying "No Stock" boards, drivers waited in hope, worsening traffic congestion and triggering arguments with police who tried to clear the roads.

Frustration is boiling over among drivers, many of whom have lashed out at the government for failing to act. Some even pointed fingers at global politics,

CONTINUED ON PAGE 10 »

THINGS TO DO

01 Moment of peace

ArtFlute is presenting Choosing to Rest, an online exhibition that explores rest not as inactivity, but as presence - a moment of listening to the body, intuition, and inner rhythm in a world defined by speed and constant output. Where: ArtFlute Online Gallery (www.artflute.com); When: Until April 10

02 Gift of kindness

St Stephen's Lutheran Church (IELC), in association with Manipal Hospital, is organising a blood donation camp, encouraging volunteers to come forward and contribute to a vital cause. Where: St Stephen's Lutheran Church, Promenade Road; When: April 4, 9 am to 2.30 pm

03 Coffee chronicles

Sattva Group is hosting a Coffee Rave, designed to attract young, urban consumers looking for a vibrant community and wellness-led lifestyle. The event features a lively music party, coffee and curated light food. Where: Sattva City; When: April 4, 9 am

04 Expression through art

Sublime Galleria presents Illumination, an evocative exhibition of Bhaskar Gauribidanur's black and white and abstract photography that explores light, shadow, emotion, and timeless expression. Where: Sublime Galleria, UB City; When: Until April 5

05 Imagination runs free

Bhartiya Mall of Bengaluru will be transformed into a vibrant playground with the launch of Playland, bringing together creativity, play and fun under one roof. Children can explore engaging toy exhibitions, interactive play zones, and hands-on workshops designed to spark creativity and imagination. Where: Bhartiya Mall of Bengaluru; When: April 4, 12 pm

Warning signs ignored, B'luru risks cancer crisis

Data reveals low awareness of early colorectal cancer signs, with delayed medical consultation and self management of symptoms also found to be significant challenges

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A perception audit conducted as part of the Lifestyle & Digestive Health Awareness Survey has revealed alarming trends in Bengaluru, with many residents ignoring early warning signs of colorectal cancer and relying heavily on self-medication.

The Bengaluru-specific analysis covered 937 participants, including 327 men and 608 women, across age groups 25–35 (236), 36–45 (347), 46–55 (262), and 55+ (92). The findings point to low awareness, with over 80 per cent unable to identify blood in stool as a warning sign of colorectal cancer. Delayed medical consultation is evident: 85.5 per cent prefer over the counter remedies or lifestyle changes for persistent bowel issues, while only 14.5 per cent would consult a doctor.

Digestive concerns are widespread, with 61.4 per cent reporting irregular bowel movements and nearly 81 per cent experiencing a sense of incomplete evacuation. Lifestyle risks remain high, as around 80 per cent frequently consume outside or packaged food, and only 47 per cent exercise regularly. Tobacco use was reported by 36 per cent of respondents.

Self-management is common, with 88 per cent relying on medication for gastric issues and just 12 per cent seeking medical advice. Alarmingly, 26 per cent would consider self-medicating even when noticing blood in stool. Barriers such as lack of time (33 per cent), fear, and embarrassment (50 per cent) further delay care. Awareness is low, with 77.8 per cent unaware that serious digestive diseases can occur without pain.

Additionally, 23.5 per cent reported a family history of conditions like bowel cancer, polyps, or inflammatory diseases, yet hereditary risks remain largely under-recognised.

The Bengaluru findings are part of a larger nationwide perception audit that gathered 10,198 responses across 14 Indian cities supported by Merck Specialities Pvt Ltd.

Dr Aditya Murali, Senior Consultant-Medical Oncologist, HCG Hospital-Hebbal, said, "Young adults should never ignore persistent changes in bowel habits, blood in stool, abdominal discomfort, fatigue, or unexplained weight loss. These can be early warning signs of colorectal cancer. Delayed consultation can be risky for patients and allows digestive issues or early colorectal cancer to progress unnoticed, reducing treatment effectiveness. Early detection through timely medical evaluation significantly improves outcomes and survival chances."

The nationwide survey covered 10,198 individuals aged 25–65 across 14 major Indian cities including Kolkata, Ahmedabad, Bengaluru, Chennai, Delhi, Mumbai, and Pune. Over 80 per cent reported self-medicating for issues like acidity, indigestion, and constipation instead of seeking medical advice. More than 65 per cent experienced irregular bowel movements, while over half consumed outside or packaged food at least three times a week, with 28.1 per cent doing so almost daily.

Physical inactivity is also a concern, with 54.8 per cent not exercising regularly. About 39.9 per cent reported tobacco use.

Delayed consultation can be risky for patients, allowing digestive issues or early colorectal cancer to progress unnoticed and reduce treatment effectiveness, says oncologist

Notably, 40 per cent of younger respondents ignored symptoms, attributing them to lifestyle factors. Alarmingly, over 80 per cent were unaware that blood in stool could signal early colorectal cancer.

Dr Suresh Babu MC, Director and Lead Consultant-Medical Oncology, Krishna Institute of Medical Sciences-Mahadevapura & Electronic City, said, "Delaying professional medical consultation allows colorectal cancer to progress unnoticed, increasing the risk of late diagnosis and making treatment more challenging." Dr Mansi Khanderia, Lead Consultant-Medical Oncology, Sparsh Hospitals-Sarjapur Road and RR Nagar, suggested preventive measures including maintaining a fibre-rich diet, exercising regularly, avoiding tobacco, limiting outside and processed foods, and undergoing routine cancer screenings.

Report cases of minor pregnancies or face action, private hospitals told

In a stern warning, the Health and Family Welfare Department has directed all private hospitals to mandatorily report cases of minor pregnancies, stressing that failure to do so will invite legal action under the Protection of Children from Sexual Offences Act, 2012 (POCSO Act). The move comes amid growing concern over underreporting of cases involving girls below 18 years. Officials have made it clear that any such pregnancy is treated as a serious offence under the law and must be immediately brought to the notice of authorities.

Quoting provisions of the Act, the department said doctors and hospital authorities are legally bound to inform either the Special Juvenile Police Unit or the local police as soon as a minor pregnancy case is admitted. Ignoring this responsibility could land both doctors and hospitals in trouble.

The department has also flagged penal provisions, noting that those in charge of institutions who fail to report such offences can face up to one year in jail along with a fine. Hospitals have additionally been told to alert the Child Helpline (1098) in such cases to ensure swift intervention, protection, and rehabilitation of the minor. Among other instructions, private hospitals must maintain proper records of such cases, preserve medical documents as per legal norms, ensure patient confidentiality, and fully cooperate with investigating authorities.

Authorities have asked hospitals to sensitise their staff about POCSO rules and ensure strict compliance with the guidelines, which have come into effect immediately. District health officials have been tasked with circulating these directions to all private hospitals and medical colleges. Official health records for Bengaluru Urban show that 8,891 girls aged 14 to 19 reported pregnancies over three years from 2023–24 to 2025–26. While most cases fall in the 18–19 age group, instances involving younger teens, though fewer, remain a serious concern due to legal and health risks. — BMB

Path of compassion Youths in Don Bosco Church enacted the passion of Jesus Christ on Good Friday reflecting the themes of sacrifice, forgiveness and compassion – values that resonate with humanity

Missing drug link puzzles investigators

In the alleged gang rape of a 19-year-old college student in Bengaluru, initial medical tests have found no evidence of drug consumption among the accused, the survivor, or other party attendees. The incident reportedly occurred during a late-night party on February 14, but the complaint was filed several days later, which may have affected detection of substances.

Police are now considering advanced forensic methods, including hair sample analysis, to verify the survivor's claim that she was given a drugged pill. Investigators are also probing the alleged source of drugs from Goa but have not yet traced the supplier, raising doubts. . —BMB

OTP era ends, new security begins

In a major shift for digital transactions, banks and telecom companies are preparing to phase out One-Time Passwords (OTPs) and replace them with a new "Silent Authentication Mechanism" (SAM), aimed at boosting security and user convenience. The system will automatically verify whether the mobile number registered in a banking app matches the SIM in the user's phone, working quietly in the background without requiring any user action. If a mismatch is detected, the transaction will be instantly blocked and the user alerted, making it far harder for fraudsters to exploit SIM cloning or SIM swap scams.

Telecom firms are moving away from SMS-based authentication, which can be compromised if a phone is hacked. The new system, likely to extend to e-SIM environments, will help banks detect fraud in real time without relying on user input. Regulators have mandated two-factor authentication, while banks explore in-app OTP generation, including facial recognition. Experts say this shift could reduce online fraud and make digital transactions safer. —BMB

From wages to wounds, driver's life takes dark turn

Alleged assault by employer over pending salary leaves driver bedridden, with family facing financial distress and uncertainty over future survival

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Jyothi R, a homemaker, has been forced to look for odd jobs after her husband, the sole breadwinner of the family, was left debilitated following an alleged assault by his employer. Jyothi's husband, Ramegowda, was earning a modest income working as a private bus driver.

For the past few months, his company, Siddaganga Tours and Travels, had stopped paying his salary. He had pleaded with his employer to disburse his pending wages as it had become difficult for him to support his family. It was then that Ramegowda's employer allegedly assaulted him.

"My husband did not inform me about this. I thought he was unwell when he stayed in bed for two days. I came to know of the assault only when I checked his mobile phone. I rushed him to KC General Hospital and later complained to Basaveshwaranagar Police. Initially, the police refused to take my complaint but later registered a first information report (FIR)," said Jyothi.

Jyothi and her daughter taking Ramegowda to the hospital

She said that people from Siddaganga Tours and Travels management assaulted her husband at around 6.30 pm on March 26, but they paid Rs 15,000 through UPI at 7.43 pm on the same day. "Now, I have no other option than looking for a job as a house help as I am illiterate. My husband is complaining of a severe headache. I cannot ask him to go to work as he cannot continue working with Siddaganga Tours and Travels. I do not know what to do if I do not get a job," she said, adding that the police (Hoysala) removed the blood-stained shirt of her husband.

Basaveshwara Nagar Police registered an FIR under Sections 115(2) (voluntarily causing hurt), 351(2) (criminal intimidation), and 352 (intentional insults) of the Bharatiya Nyaya Sanhita (BNS), 2023.

When contacted, the Basaveshwara Nagar Police Inspector said that the accused were given station bail. "The investigation is on. I am not aware that the police removed his blood-stained shirt. I will inquire about it," the police inspector said.

Meanwhile, Indian Vehicles Drivers' Trade Union president Gandasi Sadanandaswamy has demanded that Siddaganga Tours and Travels pay Rs 10 lakh as compensation to Ramegowda. "I demand the police conduct an investigation without succumbing to any pressure or influence. The police must get the CCTV footage from Siddaganga Tours and Travels office to find out the truth. I have also come to know that the management has not given any facilities to drivers," said Sadanandaswamy.

> **"I rushed him to KC General Hospital and later complained to Basaveshwaranagar Police. Initially, the police refused to take my complaint but later registered a first information report (FIR)** —Jyothi R, wife of Ramegowda

CSR fraud case: Firm loses Rs 6 crore

An FIR has been registered against a man and his accomplices for allegedly cheating a firm of Rs 6 crore by falsely claiming to be associated with an IT company and promising to facilitate CSR funds for its projects, police said on Friday.

The crime is said to have taken place between September 1, 2025 and March 20, 2026, and after consultation with legal experts the company decided to file a complaint at the Devanahalli police station, they said.

The FIR was registered on March 30 following a complaint by Mysore Mercantile Company, alleging that a person named Gagan N Deep approached them, posing as the Regional Head (CSR) at Infosys Ltd, they said.

According to the FIR, Deep claimed he reported to senior officials - Harsh J, Senior Regional Manager, and Niladri Prasad Mishra, Senior Vice President and Head, they added.

The FIR alleged that the accused expressed interest in the activities of their associated trust, Heggunje Rajeeva Shetty Charitable Trust, and assured facilitation of CSR funds from Infosys Ltd It further stated that the accused sent a team of individuals representing Infosys to Udupi, Mangaluru and other places to verify the trust's activities.

The complainant stated that a total amount of Rs 6 crore was paid through demand drafts to firms and an additional cash payment was allegedly handed over near Devanahalli. —PTI

Viral video shows parking dispute assault

A parking dispute escalated into a violent assault at Herohalli in Byadarahalli, leaving a couple working in a logistics firm severely injured. In viral video footage of the incident, police are on the lookout for the accused.

As per the police report, the couple identified as Santosh, aged 33, and his wife Shubha, aged 30, are natives of Tumakuru, residing on the ground floor of a rented house.

Santosh, who used to park his car outside the house, was confronted by his neighbour's son who parked a bike in the same spot on Monday. On asking him to remove the bike, an argument broke out between the two.

Following this, the neighbour's family escalated the matter and the altercation turned violent. When Shubha tried to intervene, she was allegedly assaulted with rods and cricket bats along with her husband. The neighbours also damaged Santosh's car.

According to police, the homeowner lives in Jayanagar and was unaware of the incident. Police said the victims are undergoing treatment, while Byadarahalli Police are searching for the absconding accused. —BMB

Rapido ride turns violent, auto driver robbed

An auto driver from Electronic City stated that his auto rickshaw was booked by two persons through the Rapido app around 10.30 am near Huskuru on March 1. What began as a regular ride turned violent when the passengers took the auto near Millennium Company on the roadside of KIADB Industrial Area at Jonnahalli Village and assaulted the driver. The injured driver approached Bagalur Police Station, and on March 25, police nabbed one accused near New Hope Foundation, a rehabilitation centre in Harlur, HSR Layout. During sustained interrogation, the accused revealed that the stolen auto was parked at a vacant site in Malur Layout, and the mobile phones were sold to known persons in Malur. The accused was produced before court on April 1 and remanded to judicial custody, while the co-conspirator remains absconding. —BMB

Late night ride turns into robbery ordeal

In a complaint lodged by a manager at Kalyana Mantapa in Nelukunte last Thursday, a man said he was robbed at knifepoint on March 25. The complaint states that the victim was riding his two-wheeler towards Hunasamaranahalli Road at 2.30 am to get some food when two unidentified persons requested him to drop them nearby.

The victim rushed to Chikkajala Police Station seeking help. The accused confessed, and based on their revelation, police recovered the stolen two-wheeler, helmet, purse, mobile phone and knife, totalling Rs 2,20,000.

On March 27, the accused were produced before the court and remanded in judicial custody. —BMB

Domestic helpers held in money theft

Three domestic helpers were arrested by JC Nagar Police Station officials for stealing cash worth Rs 1.87 lakh. Acting on a complaint filed on March 12 by a resident of Benson Town, suspicion fell on three women domestic workers employed at the house. Further interrogation led police to the third accused, who was arrested near her residence in Rose Garden, Neelsandra on March 20. She was remanded in police custody for four days. Between March 14 and March 22, police recovered the entire Rs 1.87 lakh from the accused, their mother, and two friends residing in KG Halli.

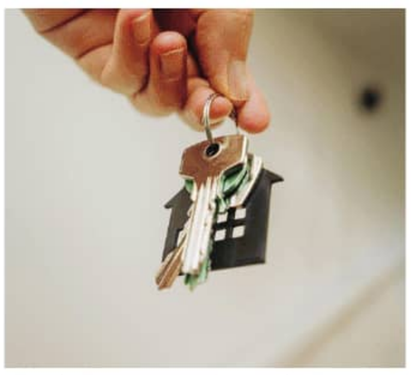
On March 23, all arrested were remanded in judicial custody. —BMB

15% setback violation okayed

In a major relief for property owners, authorities under the Greater Bengaluru framework have proposed increasing the permissible building setback violation from 5% to 15%, with a draft notification issued by five city municipal corporations. Citizens have been given a total of 30 days to submit objections. The relaxation will apply to existing, under-construction and upcoming buildings within municipal limits, allowing structures with up to 15% total setback violations, without separate calculations for sides, front or rear, to be regularised upon payment of a penalty.

The proposal also seeks to ease other norms, including increasing permissible building height violations from 5% to 7.5% and Floor Area Ratio (FAR) violations from 5% to 15%, applicable to plots up to 5,000 sq ft. Officials say this move addresses widespread deviations caused by rising land prices and practical con-

New proposal eases building norms, allowing greater deviations to be regularised, helping small owners secure approvals and basic utilities connections



straints, which have left many buildings without occupancy certificates and unable to access water or electricity connections. If implemented, the rule is expected to benefit a large number of small property owners by enabling legal approvals and access to basic civic services. — BMB

No footpath left, only traffic trouble ahead

Spaces for pedestrians encroached upon near Benniganahalli metro station, putting walkers at risk while traffic officials can only promise renewed enforcement drives

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Street vendors occupying the footpath on Old Madras Road, near Benniganahalli Metro Station

Persistent encroachment on a footpath on Old Madras Road near Benniganahalli Metro Station has become a nuisance and a safety hazard for thousands of pedestrians and Metro passengers. With hardly any space left on the footpath, hapless pedestrians are compelled to walk on the busy road, thus making them vulnerable to road accidents.

Bangalore Mirror published a story – Encroached footpaths force pedestrians onto busy roads – on October 28, 2025, narrating how pedestrians and residents from Pai Layout, Nagavarapalya, and Benniganahalli were facing numerous problems due to the brazen encroachment of footpaths developed with taxpayers' money, and how the authorities who developed these footpaths have turned a blind eye to the issue.

Residents said the civic authorities and the traffic police made an attempt to clear encroachments on the footpath last year. They added that vendors returned within a few days to reoccupy the footpath.

"I want the civic authorities and the traffic police to follow the Delhi

Bangalore Mirror
Encroached footpaths force pedestrians onto busy roads
Pedestrians, metro-commuters struggle amid rampant footpath encroachment in Pai Layout, residents urge officials, traffic police to restore safe walking space

Bangalore Mirror published a story – Encroached footpaths force pedestrians onto busy roads on October 28, 2025

Citizens highlight repeated clearances undone within days, demand penalties for offenders as congestion grows along narrow connecting routes

model to ensure footpaths are free from encroachments. If the authorities keep clearing encroachments on a weekly basis, pedestrians can use the footpath. I expect the authorities to commence the clean-up drive again," said S Raju, a pedestrian.

Demanding that the Bengaluru East City Corporation (BECC) authorities and the traffic police act firmly against those responsible for setting up petty shops on the footpath, Krishna S, a pedestrian, said the vendors who set up eateries and petty shops on the footpath behave like its owners. "These vendors are interested in making money and are least bothered about ensuring sufficient space on the footpath for pedestrians," said Krishna.

Muruga P, a resident of Shakthi Nagar, has complained about the haphazard parking of two-wheelers on Plegamma Temple Road. "The traffic police have put up 'No Parking' boards on both sides of the road, but some people park their two-wheelers on this narrow road, causing inconvenience to residents. I want the traffic police to penalise those parking two-wheelers on Plegamma Temple Road," said Muruga.

Meanwhile, the Mahadevapura Traffic Police Inspector said she has already written a letter to the BBMP authorities regarding the need to remove petty shops from the footpath. "There are some disabled people who were given permission by the BBMP to set up petty shops on the footpath. I will write another letter to the BECC to remove all shops from the footpath," the traffic police inspector said.

No relief to factory owners

The Karnataka High Court has declined to quash criminal proceedings initiated against certain factory owners under the Scheduled Castes and Scheduled Tribes (Prevention of Atrocities) Act, observing that the alleged incident took place in a setting that could fall "within public view". The case stemmed from a complaint accusing the owners of directing caste-based abuse at a Scheduled Caste individual inside the factory premises. Challenging the case, the accused contended that the incident did not occur in a place accessible to the public and, therefore, failed to meet a key legal requirement under the Act.

The Court, however, was not persuaded by this argument. It examined the nature of the location, particularly the area near the dispatch section—and noted that it was not entirely private or isolated. The existence of an open or accessible doorway suggested that the exchange could have been visible or audible to others present in or around the premises.

Clarifying the scope of the law, the Court reiterated that the expression "public view" is not limited to public spaces alone. Even incidents occurring on private property may attract the provisions of the Act if they are capable of being witnessed by individuals other than the complainant and the accused. In this case, the Court found that the dispatch section area, given its accessibility, could not be treated as a completely secluded space. As a result, it held that the requirement of the offence occurring in a place "within public view" could not be ruled out at this stage.

IN HIGH COURT

The Bench further emphasised that determining whether the incident was actually seen or heard by others is a matter for trial. At the stage of deciding a plea to quash proceedings, the Court is only required to assess whether the complaint, on its face, discloses the ingredients of the alleged offence. The High Court found no grounds to interfere and allowed the case to proceed. — BMB

Loan fraud case warrants trial

The Karnataka High Court has declined to quash 11 FIRs registered in connection with an alleged Rs 40-crore loan fraud, holding that the case warrants a full trial and cannot be curtailed at the preliminary stage. The accused had approached the Court seeking to set aside the FIRs, arguing that the dispute was civil in nature and that initiating multiple criminal cases over what they described as a single transaction amounted to an abuse of process.

Rejecting these submissions, the Court observed that the complaints disclose prima facie material pointing to the commission of cognisable offences. It emphasised that "merely because a transaction has a civil flavour, it does not mean that criminal proceedings cannot be maintained", particularly when allegations of cheating and misrepresentation are involved.

On the question of multiple FIRs, the Bench noted that this issue cannot be conclusively determined at this stage. It remarked that "whether the FIRs arise out of the same transaction or involve distinct causes of action is a matter that requires deeper examination", which cannot be undertaken in proceedings seeking quashing.

The Court also reiterated the limited scope of its powers under Section 482 of the Criminal Procedure Code, stating that such jurisdiction must be exercised sparingly. It underscored that "the Court cannot conduct a mini-trial while considering a petition for quashing", and that an evaluation of evidence is the domain of the trial court.

The Bench said proceedings should not be halted if allegations disclose an offence, and allowed all 11 FIRs to proceed. — BMB

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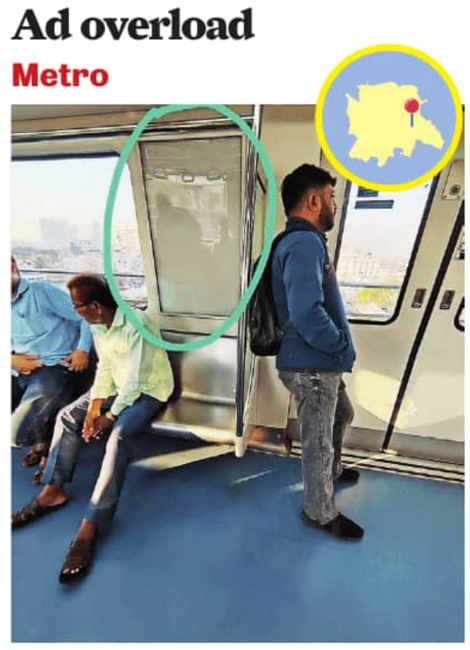
Pathway encroached

RT Nagar

Encroachment on the footpath near a restaurant on RT Nagar Main Road is restricting pedestrian movement.

Ad overload

Metro



Passengers report inconvenience due to multiple advertising display boxes installed inside metro train carriages, particularly on the Yellow Line connecting Ragigudda and Electronic City.

Waste woes

RV Road

Morning waste collection vehicle assembly near RV Road Metro Station is causing a foul smell for commuters and park users, with calls for relocation.

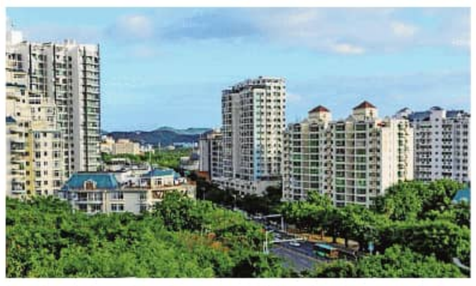
Sarjapur corridor becomes top choice for homebuyers

The Sarjapur–Attibele Road stretch is fast emerging as one of Bengaluru's promising real estate corridors, driven by technology expansion and upcoming infrastructure.

According to ANAROCK Group, average residential prices in the Sarjapur–Attibele belt are expected to rise about 25 percent between 2025 and 2028, from around Rs 7,800 per sq. ft. to nearly Rs 9,730 per sq. ft.

The corridor has already seen strong momentum, with prices rising 71 percent from about Rs 4,568 per sq. ft. in 2022 to Rs 7,800 by the end of 2025, outperforming the broader Bengaluru housing market, which saw about 63 percent growth during the same period.

The growth is supported by its location along State Highway 35 and proximity to employment hubs such as Electronic City, Whitefield and the Outer Ring Road corridor.



Improved connectivity to NH 44, NICE Road and routes through Dommasandra and Chandapura has eased commuting for professionals working in IT and industrial clusters. Between 2022 and 2025, the micro market recorded about 17,100 housing launches, with the highest annual supply of over 7,500 units in 2022.

Experts say upcoming projects like the Satellite Town Ring Road, Peripheral Ring Road, Namma Metro extension towards Bommasandra and Attibele, and a proposed airport near Hosur are expected to further boost demand. **BMB**

Investors eye Nelamangala for strong future returns

As the city expands, investors and homebuyers are steadily turning their focus to Nelamangala, positioning it as a growing hub rather than just a peripheral suburb. With premium residential sites now available and steady infrastructure push, the region is emerging as a promising investment corridor. Sadashivaiah, a realtor said, "For many, owning a site is not just about square feet but about long-term security and legacy, and Nelamangala is increasingly fitting that aspiration with strong appreciation prospects in the years ahead."

Included in the proposed satellite town plan for Bengaluru, Nelamangala is witnessing faster development, supported by access to National Highway 48, NICE Road and the upcoming Dasanapura Metro station.

"The Madavara Metro station is around 10 minutes away, while Kempegowda International Airport can be reached in about 30 minutes.

BM Property
Every Saturday
Contact for advertisement
Mahesh Malagi
9886721857

Premium plotted developments with modern amenities are available in Arasinakunte and surrounding areas, attracting IT professionals, government officials and those working in Peenya and Dabaspet industrial zones. Proximity to institutions such as BGS Medical College, BGS World School and other reputed schools and hospitals has further strengthened its residential appeal," said Govindaiah, a realtor. **BMB**

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Brothers in arms land a punch

Dynamic duo dominate rings, showcasing strength, skill, spirit, relentless pursuit of excellence forged through hardship, perseverance, shared vision

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Yahya scores a win in one of the National Championships

Medals stack as siblings tackle challenges, juggle studies, embrace discipline, chase national success, proving determination fuels extraordinary sporting journeys

Yahya (17) and Isa (15) with their coach at the International Taekwondo Federation

This is the story of two formidable brothers driven by fierce passion for boxing, the Khan brothers from Bengaluru. In a city where young athletes often struggle to balance ambition with reality, Yahya, 17, and Isa, 15, stand out not just for their achievements, but for their discipline, sacrifices, and quiet intensity.

Yahya's journey began early. At 11, he stepped into a boxing ring for the first time, drawn to the rawness of the sport. What started as instinct soon became deeply personal. "I was always drawn to fighting, but boxing felt different. It is not just a sport for me; it is a part of me," he said. The early days were gruelling, with training pushing him to his limits. He admits he often felt like giving up, but something within kept him going.

His achievements reflect that determination. Yahya is a four-time gold medallist at the CISCE Nationals (2022–2025) and has won multiple state-level titles, including three Mahatma Gandhi Cup golds and a gold at the Netaji Subhas Chandra Bose State Championship. He was also named Most Stylish Boxer in 2023 and 2024, and Best Boxer in 2024.

Starting young shaped his path. While peers explored different interests, Yahya remained focused. "I made sacrifices and missed out on things people my age do. But I have no regrets. I see my goal clearly, and I am willing to live this way," he said.

Inspired by his brother, Isa found his way into boxing through visits to the gym with their father. "I tried different sports, but boxing felt special instantly. I was weak at first, but I kept practising. What began as curiosity became passion," he said.

At just 15, Isa has already built an impressive record. He won gold at the State Boxing Championship in 2024 and 2025, represented Karnataka at the SGFI Nationals, and secured two golds and a silver. In 2026, he added another gold at an inter-club tournament and earned selection for the upcoming National Championship in Guwahati. Beyond boxing, he is a Dan 2 Black Belt in Taekwondo with two international gold medals.

Their routine reflects their commitment. Mornings begin with training, followed by school and another practice session. Strength work and bag training form the core of their regimen. Isa trains with his coach three days a week, spending the rest refining technique independently. Sundays are reserved for recovery and running. For them, progress comes from consistency, not shortcuts.

Balancing academics remains a challenge. Both admit studies can feel tougher than preparing for matches. However, family support keeps them grounded. While some teachers encourage their pursuits, others see boxing as a distraction. The brothers, however, remain undeterred.

Their discipline extends beyond the ring. Yahya follows a strict diet, believing even small lapses can affect performance. Isa takes a more balanced approach, occasionally baking healthy brownies and selling them through his mother's home kitchen.

They credit their parents as their strongest support system. Their father actively guides their training, while their mother provides emotional strength, helping them through setbacks and recovery. This support has shaped both their mindset and independence.

In the ring, mental strength is key. Isa recalls his first fight against an army boxer. "I lost, but I held my ground for three rounds. That gave me confidence. That loss changed me," he said. Yahya shares a similar outlook. "I once felt completely crushed after a loss and thought about quitting. But I realised those moments build champions. Failure does not define me, my comeback does."

For them, losses are lessons, not setbacks. Isa focuses on visualisation and calmness, while Yahya believes nervousness, when controlled, can fuel performance. The fight, they say, begins long before stepping into the ring.

Inspired by legends such as Muhammad Ali, Mike Tyson, Manny Pacquiao, and Naseem Hamed, the brothers aim to embody confidence, resilience, and individuality.

Their bond remains their greatest strength. "Like two lions, inseparable and ready to face anything," Yahya said.

They push each other through challenges and celebrate every victory together.

SSLC language grading review

The Karnataka Governor has called for a comprehensive examination of concerns over the state government's decision to award only grades, without marks, for the third language in the SSLC examination, following a representation highlighting its potential impact on academic engagement and linguistic diversity.

In a communication to Chief Secretary Shalini Rajneesh, Secretary to Governor R Prabhu Shankar forwarded a representation submitted by the Association for Preservation of Local Languages, Bengaluru, outlining concerns over the policy's impact on students, teachers and the education system.

"I am directed to forward herewith a copy of a representation submitted by the Association for Preservation of Local Languages, Bengaluru, which has been addressed to the Governor of Karnataka, concerning the recent decision to award only grades, without including marks, for the third language in the SSLC examination," the letter stated. **–PTI**

Free eye screening, reading glasses for 40+

In a step towards improving vision care, the Karnataka Department of Health & Family Welfare has announced a new initiative to provide free vision screening and reading glasses to citizens aged 40 and above.

The programme will be implemented through Ayushman Arogya Mandir Sub Centres (AAM-SC), making Karnataka the first state in India to address presbyopia at scale at the sub-centre level.

The government will roll out the initiative in partnership with RestoringVision, beginning with Yadgir district, where authorities plan to distribute one lakh reading glasses free of cost. The programme will cover 216 government health facilities across six taluks, including hospitals, Community Health Centres, Primary Health Centres, and AAM Sub Centres, targeting an estimated 3.28 lakh residents aged 40 and above. **–BMB**

Crowds flock Dubai World Cup despite tension in the region

Despite regional uncertainty and weather disruptions, enthusiasts from across the world gather at Meydan for seamless spectacle with high stakes

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Despite heightened tensions in West Asia and fears over regional security, Dubai witnessed a strong turnout of Indian visitors who travelled to attend one of the world's richest horse racing events.

Even as concerns grew following recent attacks in the region, hundreds of enthusiasts went ahead with their plans to attend the Dubai World Cup, which offers a staggering $12 million prize for the winner. Many had anticipated a possible cancellation given the volatile situation, but the event proceeded as scheduled, drawing crowds from across the globe.

Among them were several Indian visitors, including expatriates from Bengaluru, who had pre-booked their tickets and chose not to back out despite the uncertainty. The iconic event attracted locals and hundreds of international visitors, including prominent personalities, all making their way to the famed Meydan Racecourse without fear.

Initial apprehensions within the international racing fraternity suggested that the mega event might be cancelled due to the tense situation. However, the Prime Minister of the UAE and ruler of Dubai, Sheikh Mohammed bin Rashid Al Maktoum, known for his passion for the sport, decided to go ahead with the extravaganza. Countries including France, England, Hong Kong, Australia and the United States fielded their top horses for the prestigious race.

In a dramatic finish, American horse Magnitude emerged victorious, clinching the top prize. The American contingent expressed delight at the outcome, especially given the uncertain backdrop. Meanwhile, Japan's globally celebrated contender Forever Young, fresh from his victory at the Saudi Cup in Riyadh, drew significant attention but finished second.

American horse Magnitude clinched the top prize at the Dubai World Cup

"You really don't get a chance to watch the world champion in action on the big stage and Dubai World Cup is a spectacle I would not miss," said racing enthusiast Arvind Kumar from Bengaluru, adding that he had to constantly monitor flight schedules and was fortunate to secure travel.

From celebrity arrivals to thrilling finishes, the event showcased resilience, glamour, and sporting excellence as top horses competed fiercely, proving the enduring appeal of elite horse racing on global stage

"Knowing how passionate the ruling family is, I knew Sheikh Mohammed bin Rashid Al Maktoum will not cancel or postpone this event and to the delight of the packed stands, he did come to watch the iconic event," he said, expressing disappointment over Forever Young's performance.

Ali, a Bengaluru native working in the UAE, said, "Of course there was some uncertainty given the situation. And Dubai had heavy rainfall continuously for three days before the event. Everyone was unsure if the event would even happen. But on the event day we saw the Sun out and everybody was up to attend the event. Once we got to the event, the energy was unmatched. The fashion, with everybody dressed in their best attire, especially the stunning hats, and the overall atmosphere made it completely worth it."

The packed turnout came as no surprise, with organisers ensuring smooth arrangements for participants and spectators. Besides Magnitude, French horse Calandagan and Ombudsman, owned by Sheikh Mohammed, also secured major wins, adding further prestige to the global spectacle.

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- Dr. Sudeep KN, Consultant – Interventional Cardiologist
- Dr. Vikranth Veeranna, Senior Consultant – Cardiac & Transplant Surgeon
- Mr. Abhishek Thomas, Cluster COO

Redefining advanced heart care through precision, innovation, and coordinated expertise, SPARSH Hospitals continues to set new benchmarks in Cardiac Sciences. The recent recognition at VK Health Excellence Awards in Cardiac Sciences reflects the institution's sustained leadership in delivering life-saving cardiac treatment powered by cutting-edge technology and strong multidisciplinary collaboration. As cardiovascular diseases remain among the leading causes of mortality globally, SPARSH has established a comprehensive and highly structured cardiac programme designed to ensure early diagnosis, rapid intervention, and sustainable long-term outcomes.

At SPARSH, cardiac care operates through an integrated, multidisciplinary framework. The programme brings together experienced cardiologists, cardiothoracic and vascular surgeons, electrophysiologists, cardiac anaesthetists, intensivists, perfusionists, and specialised nursing teams. This collaborative ecosystem ensures seamless coordination across emergency care, interventional cardiology, complex cardiac surgery, and postoperative rehabilitation. Each patient receives a personalised treatment pathway aligned with global clinical protocols and rigorous safety benchmarks.

The department offers a full spectrum of advanced cardiac services, including coronary angiography, 24×7 primary angioplasty, complex coronary interventions with IVUS and OCT guidance, rotablation and IVL procedures, bypass surgeries, valve repairs and replacements, TAVI and structural heart interventions, heart failure management, and heart transplant programmes supported by LVAD therapy. Advanced Cath Labs, high-resolution imaging systems, and minimally invasive surgical techniques enable safer procedures, reduced complications, shorter hospital stays, and faster recovery timelines.

Emergency cardiac systems at SPARSH are meticulously designed to ensure rapid evaluation and timely intervention during heart attacks and cardiac arrest. With one of the shortest door-to-balloon times in the region, the team prioritises immediate response during critical golden-hour windows. Dedicated cardiac intensive care units further strengthen monitoring and recovery for high-risk and post-operative patients.

Preventive cardiology forms another critical pillar of care. Comprehensive risk assessment, hypertension and lipid management, heart rhythm monitoring, lifestyle modification counselling, and structured long-term follow-up programmes empower patients to proactively manage cardiovascular health.

The recognition in Cardiac Sciences reinforces SPARSH Hospitals' continued focus on clinical excellence, structured systems of care, and patient-centred outcomes. As cardiac care evolves, the institution remains committed to advancing treatment standards while ensuring safety, precision, and compassionate engagement at every stage of the patient journey.

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- Dr. Nithin Kumar N, Senior Consultant – Neurologist
- Dr. Anil Ramakrishna, Senior Consultant – Neurology
- Dr. Chetan Kumar A, Senior Consultant – Neurology
- Mr. Kishan Nag, COO, SPARSH Hospital – Infantry Road

Advancing the frontiers of brain and spine care, SPARSH Hospitals continues to set new benchmarks in Neurosciences through clinical precision, technological innovation, and multidisciplinary expertise. This recognition at VK Health Excellence Awards reflects the institution's sustained leadership in managing complex neurological disorders with a strong focus on safety, functional preservation, and long-term patient outcomes. Over the years, SPARSH Hospitals' expertise, experience, advanced technology, structured care pathways, and compassionate neuroscience treatment have ensured that patients receive precise, safe, and comprehensive neurological care.

At SPARSH, neurological care is delivered through an integrated, multidisciplinary framework. Experienced neurologists, neurosurgeons, neuro-anaesthetists, neuroradiologists, neurophysiologists, intensivists, and rehabilitation specialists work in seamless coordination from diagnosis through recovery. This collaborative ecosystem ensures accurate evaluation, timely intervention, and personalised treatment pathways aligned with global clinical protocols.

The department offers comprehensive management for stroke and cerebrovascular disorders, epilepsy, movement disorders, neurodegenerative diseases, peripheral neuropathies, traumatic brain injuries, and complex spine conditions. Advanced diagnostic capabilities including high-resolution MRI, CT, EEG, EMG, nerve conduction studies, and precision neuroimaging support accurate diagnosis and evidence-based treatment planning.

A key strength lies in the management of complex brain tumours, skull base lesions, and neurovascular abnormalities. The use of neuronavigation systems, intraoperative monitoring, minimally invasive techniques, and advanced surgical technologies enhances procedural safety while preserving neurological function. Rapid-response stroke pathways and thrombolysis protocols ensure critical intervention during the golden hour.

In spinal sciences, the programme addresses degenerative disorders, tumours, trauma, and structural abnormalities using minimally invasive techniques that promote faster recovery and reduced hospital stay. Dedicated neuro-critical care units further strengthen outcomes in high-risk neurological emergencies.

Integrated neuro-rehabilitation services, including physiotherapy, occupational therapy, speech therapy, and cognitive rehabilitation, support sustained functional recovery and independence.

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Recognition Underpins 20 Years of Orthopaedic Excellence at SPARSH Hospitals

In an era where mobility defines quality of life, SPARSH Hospitals stands at the forefront of orthopaedic innovation, backed by a proud 20-year legacy in orthopaedic care. The recent recognition at VK Health Excellence Award in Orthopaedics underscores the hospital's sustained commitment to clinical precision, advanced surgical expertise, and integrated care models that address trauma, joint disorders, sports injuries, and spine conditions with consistently exceptional outcomes.

Over two decades, SPARSH has built a strong foundation in orthopaedic excellence through a multidisciplinary team of orthopaedic surgeons, trauma specialists, sports medicine experts, spine surgeons, anaesthetists, and rehabilitation therapists. This integrated model ensures seamless coordination from early diagnosis and surgical planning to structured recovery and long-term functional rehabilitation for patients across all age groups.

The hospital is widely recognised for advanced joint replacement surgeries involving the knee, hip, shoulder, and elbow. Robotic-assisted systems and modern alignment technologies enhance surgical precision, minimise tissue disruption, and accelerate recovery timelines while maintaining exceptionally low complication and infection rates through rigorous safety and quality standards.

In trauma and fracture management, dedicated emergency systems enable rapid stabilisation and expert handling of complex injuries and accident-related fractures. Advanced arthroscopic and sports injury procedures, including ACL and PCL reconstruction, meniscal repair, and rotator cuff surgery, are performed using minimally invasive techniques that promote faster healing and earlier return to daily activities.

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- Dr. Anil R Patil, Lead Surgeon & Senior Consultant – Knee & Shoulder Specialist
- Dr. Abhijit Chavan, Consultant – Orthopaedic Surgery
- Dr. Raviprasad Kattimani, Consultant – Orthopedics & Joint Replacement Surgeon
- Dr. Shrishti Patil, Consultant – Orthopedics & Joint Replacement Surgeon
- Dr. Venugopal N, Senior Consultant – Orthopedics
- Col. Rahul Tewari, Cluster COO

Specialised services extend to paediatric orthopaedics, limb reconstruction, orthopaedic oncology, foot and ankle surgery, hand and wrist procedures, and comprehensive spine care. Precision-driven protocols for degenerative bone and spinal disorders focus on pain relief, deformity correction, structural alignment, and durable long-term joint stability supported by advanced imaging and navigation systems. Structured physiotherapy and performance-based rehabilitation programmes further optimise recovery outcomes.

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SPARSH Hospitals Sets New Benchmarks in Advanced and Integrated Renal Care

Setting new standards in advanced kidney care, SPARSH Hospitals continues to lead the way in Renal Sciences through clinical precision, surgical expertise, and patient-centric innovation. This recognition in VK Health Excellence Award reflects the institution's sustained commitment to improving survival outcomes, preserving renal function, and enhancing quality of life across every stage of kidney disease. With deep commitment to clinical excellence, surgical precision, innovation, and compassionate kidney care SPARSH Hospitals ensure comprehensive renal solutions delivered with safety, accuracy, and empathy.

At SPARSH, renal care is delivered through an integrated, multidisciplinary framework. Nephrologists, urologists, transplant surgeons, intensivists, dialysis specialists, and specialised nursing teams work in seamless coordination from diagnosis to long-term follow-up. This collaborative ecosystem ensures comprehensive care under one roof, supported by structured clinical pathways, modern infrastructure, and evidence-based treatment protocols.

The department offers advanced evaluation and management of acute kidney injury, chronic kidney disease, electrolyte imbalances, hypertension-related renal complications, and high-risk renal conditions. Dialysis services, including hemodialysis and peritoneal dialysis, are supported by contemporary technology, stringent infection-control practices, and continuous monitoring to ensure patient safety and clinical reliability.

A key strength of the programme lies in its transplant expertise and surgical precision. The centre follows rigorous pre-transplant assessment, ethical donor screening, and structured post-transplant surveillance to optimise graft survival and long-term outcomes. Both living and deceased donor kidney transplant programmes are supported by minimally invasive surgical techniques, advanced operating theatres, and dedicated renal intensive care units, enabling faster recovery and reduced complication rates.

Preventive nephrology and long-term disease management form another essential pillar of care. Nutritional counselling, lifestyle modification, risk factor optimisation, medication adherence support, and structured follow-up programmes empower patients to slow disease progression and maintain functional independence.

- Dr. Arun Kumar N, Senior Consultant – Nephrologist & Renal Transplant Physician
- Dr. M M Satish Kumar, Senior Consultant – Nephrologist & Transplant Physician
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- Dr. Pallavi Patri, Lead Consultant – Nephrology
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Calls for deeper societal reforms to promote anti-caste values

CONTINUED FROM PAGE 1

of India took up the matter to address this systemic issue and lay down preventive measures to curb honour-based violence across the country.

Sivamanithan noted that the one-month notice period for objection has gained prominence during recent times, with objections being raised. He deemed the mandatory requirement as an unreasonable restriction and said that it bears many consequences.

"It must be done away with," he said, explaining that the current framework creates an uneven legal standard. "Unlike marriages conducted under personal laws such as the Hindu Marriage Act, civil marriages under the SMA require public disclosure, which results in discriminatory treatment of couples choosing this route," he said.

He noted that the logic applied by the Roman Catholics — in their historical tradition of announcing an intended marriage on three different occasions before the ceremony allowing their community to raise any valid impediments (legal or religious reasons why the couple should not be married) — applied to the Section 6 of the Act. However, it can lead to unnecessary yet serious intrusion into the private lives of individuals and put them in a vulnerable spot.

"When couples already married in a temple, register under the SMA without the mandatory notice period, they are more likely to face no problems. Advocates oftentimes use this procedure in order to avoid this mandate. The problem is experienced mostly by those wanting a court marriage," he explained.

When asked if there have been instances where temples have objected to carry out marriages based on an individual's caste or religious identity, he noted that as an institution, it is much harder to give into prejudice and raise questions or biases. "But individuals are likely to object or report," he said.

He recalled a case in which a couple was killed despite being under police protection sanctioned by the Superintendent of Police in Tamil Nadu. He pointed out that designated safe houses can often be easily traced by those seeking to harm such couples, and questioned whether the State machinery is capable of ensuring round-the-clock security.

He also observed that personal biases among police personnel can hinder effective support for couples facing threats, limiting the success of measures like safe houses.

Emphasising the need for deeper social reform, he said the government must actively promote anti-caste values, noting that caste identities appear to be growing stronger rather than diminishing. "Financial incentives alone cannot safeguard lives. What is needed is a shift in societal attitudes by normalising inter-caste marriages, much like the efforts of Basavanna," he said.

Dr Siddharth KJ, previously speaking to Bangalore Mirror on the issue, had pointed out that while the provision in the Special Marriage Act itself makes an occasion for extra judicial pressure to be put on such marriages; the state's promise of a shelter is contradictory.

All India Lawyers' Association for Justice (AILAJ) had written to Chief Minister Siddaramaiah in 2024 requesting the prohibition of the prevailing practice of uploading 'notices of intended marriage' under Special Marriage Act in the website of the registration department.

While acknowledging that the procedure is being followed as per Section 6 of the Special Marriage Act, the association had said that it was violative of the fundamental rights of the adults concerned to privacy and dignity under Article 21 of the Constitution.

The letter was written in context to an incident where Mohan Gowda from the Hindu Janajagruti Samiti put out a tweet disclosing the identities of an interfaith couple who intended to get married under the Special Marriage Act, 1954.

"This tweet seeks to demonise and incite violence against inter-faith marriages thereby constituting offences under the Indian Penal Code," the letter had noted, while demanding criminal action against Gowda.

What the law entails

The legislation, titled the Karnataka Freedom of Choice in Marriage and Prevention and Prohibition of Crimes in the Name of Honour and Tradition Bill, 2026, affirms that consenting adults have the fundamental right to marry a person of their choice without interference from family members, caste groups, or community bodies. It is rooted in constitutional guarantees such as equality, freedom, and personal liberty.

At its core, the law targets violence linked to inter-caste and other socially disapproved relationships, including so-called honour killings. Such offences will attract a minimum prison sentence of five years, along with fines. Acts such as physical assault, harassment, intimidation, and social boycott carried out in the name of "tradition" are also brought within its ambit.

The bill also introduces preventive and protective mechanisms. Authorities are required to act swiftly on complaints from couples facing threats, including providing police protection within a short time frame. District administrations must set up safe houses where such couples can seek temporary shelter, along with access to legal assistance and counselling services.

To ensure accountability, the legislation places responsibility on officials to respond promptly. Failure to do so could result in penalties, including imprisonment. Investigations into these cases are to be completed within a stipulated period, and provisions have been made for designating special courts to expedite trials.

Additionally, the law calls for the creation of district-level systems such as special cells and helplines to prevent honour-based crimes. Committees comprising officials and experts will assist couples in solemnising marriages and provide necessary support.

'If I spend hours just getting fuel, when will I drive?'

KAUSHIK JN

CONTINUED FROM PAGE 1

blaming former US President Donald Trump and international tensions for the fuel crunch.

Suresh Gowda, an auto driver, said, "I've been waiting in line at the fuel station near Bagalagunte bus stand (Hesaraghatta road) for the past few days, and the queue stretches over a kilometre. By the time it's my turn, it takes almost four hours. If I spend that long just to get fuel, how will I manage to go to work?

Some other auto drivers said politicians only remember auto drivers during elections and campaigns, but ignore their struggles when crises hit. With fuel running out mid-ride, several autos have been abandoned on roads, while drivers are forced to push their vehicles for kilometres based on rumours of gas availability at different bunks. Venkateshappa Krishna, an auto driver from Manjunath Nagar, said, "With so much competition, we barely get enough rides. Now, with little or no fuel, our income has dropped. I'm worried about paying school fees, EMIs, and rent. And the worst part is, there seems to be no immediate solution."

The crisis is not limited to Bengaluru. In Karwar, protests erupted after a major gas bunk shut down, while in Ballari, nearly 7,000 autos have gone off the roads, pushing drivers to look for alternative livelihoods. Back in the city, concerns are growing that the shortage could soon spread to CNG as well, with waiting times at some stations already stretching from minutes to over an hour.

The impact of the crisis is rippling across sectors. Rising commercial LPG prices have forced hotels to hike rates on everything from coffee to meals. Printing paper costs have gone up, adding pressure on the publishing industry, while cement prices may soon rise due to supply disruptions caused by the ongoing conflict.

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I Divya Ashok Kumar R/o Srishti,182/3, LG Lake Dew Layout, Bangalore - 560077 have changed my minor son\'s name from Diyan Ashokkumar to Diyaan Ashokkumar.

I, Sudakar K P R/o Katikere, Jajur post, Arasikere Tq, Hassan 573103 have changed my name to Sudhakar Katikere Prabhakar (K P Sudhakar) I shall be called by this name for all purposes

I Aravindraj R R/o Srinivasam Akshaya, 203, 2nd floor, 752/84, 6th a cross Rd, Akshayanagar, Begur, Bommanahalli, Bengaluru 560068, have changed my name to Aravindraj Ramachandran.

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I want to prove that winning IPL trophy last season was not a one-off, says RCB wicketkeeper Jitesh

Royal Challengers Bengaluru wicketkeeper-batter Jitesh Sharma said last season's title has only strengthened the team's hunger to build something lasting at the franchise. Jitesh continues to be an integral part of the RCB. Not just with the bat has he been impressive in the last season, but his heroics with the gloves have been equally brilliant.

Jitesh continues to be an integral part of the RCB. Not just with the bat has he been impressive in the last season, but his heroics with the gloves have been equally brilliant.

"This is not a one-year thing. We are here to dominate. I want to prove that what happened last season was not a one-off. Winning the first trophy for RCB was a magical feeling. The biggest satisfaction was knowing that I had contributed to it. That is a moment I will always be proud of," Jitesh said on the RCB Podcast.

On his crucial 24 off 10 in the 2025 final, Jitesh said his focus was on making a

RCB Wicket Keeper Jitesh Sharma in action during IPL 2026 match against Sunrisers Hyderabad, at M.Chinnaswamy Stadium in Bengaluru

decisive impact. "My only thought in the final was to make a difference. I did not want to just survive the situation; I wanted to shift the game. The last over of the final felt like the longest six balls of my life. We wanted that moment so badly," he said.

On the loss of his father, Jitesh said it is something he continues to carry with him. "When you lose your father, that void never really goes away. I am not trying to forget it. I want to carry that emotion with me and keep moving forward."

He also spoke about what it meant that his father had seen him represent India and lift the trophy for RCB.

"I am proud that my father saw me wear the India jersey and saw me lift the trophy for RCB. That means everything to me."

On returning to the RCB setup after a difficult phase, Jitesh said the environment helped him reset. "When I walked back into Chinnaswamy and saw the red and blue again, I felt reborn. Being back in that environment made me feel like myself again."

He also credited Dinesh Karthik for helping shape his growth over the past year. "A lot of the credit for my growth goes to DK 'anna'. He helped me understand my game better, use my strengths properly and improve mentally. DK asked me to take a break, put the bat away for a while and spend time with my family and friends. That helped me reset."

Speaking about his batting approach, Jitesh said he has simplified everything to one core thought. "For me, it comes down to one thing: watch the ball. If you are present and watching the ball well, everything else takes care of itself."

Speaking about his role as a cricketer, Jitesh said he now sees himself in broader terms. "I do not see myself only as a wicketkeeper now. I see myself as a finisher and a fielder as well. My job is to find a way into the team, whatever role that requires."

On missing out on India selection, he said the larger ambition remains unchanged.

"Playing for India is still the ultimate goal. I felt I did my part, so I have no regrets. Now it is about staying ready and finding the next opportunity.

He also spoke about how leadership brings the best out of him. "I have always enjoyed leadership. When you lead, you stop thinking only about yourself and start thinking about how to bring the best out of others. That has always helped me grow.

With RCB entering the new season as defending champions, Jitesh said he is ready for the challenge ahead. "Teams will come harder at us this season, and that excites me. I enjoy that challenge. I want people to come hard at me, because I will come hard at them too." **-IANS**

Chennai Super Kings managed challenging total of 209, but Punjab Kings put together collective effort

SLOW AND STEADY WINS THE RACE FOR PUNJAB

For Punjab Kings, it was not one batter that did the trick, but rather a collective effort of small knocks that finally sealed the game. Shreyas Iyer, Cooper Connolly, Prabhsimran Singh and Priyansh Arya all played a part as the team managed to cross the total of 209 set by Chennai Super Kings at MA Chidambaram Stadium in Chennai on Friday. After decent knocks by these batsmen, it fell upon Iyer to take his team through. Chennai Super Kings' bowling attack could not do much despite scoring wickets periodically.

1. Punjab Kings' captain Shreyas Iyer and Nehal Wadhera run between the wickets
2. Chennai Super Kings' captain Ruturaj Gaikwad, center, celebrates the run out of Punjab Kings' Prabhsimran Singh, left, with teammates

CSK's innings

Ayush Mhatre showcased his abundant talent with a 43-ball 73, powering Chennai Super Kings to a competitive 209 for five against Punjab Kings in an Indian Premier League match.

Mhatre and skipper Ruturaj Gaikwad (28) added 96 runs for the second wicket, the crux of the CSK innings, after Sanju Samson returned to the hut early.

Samson inexplicably moved down to the leg-side and tried to cart Xavier Bartlett's out-swinger over covers, but all he could manage was a healthy edge to Prabhsimran Singh behind the wicket.

But his dismissal proved a minor jitter, as Mhatre tore apart Punjab's bowling with power and precision.

CSK	
209/5	(20)
PBKS	
210/5	(18.4)

Today's battle

Delhi Capitals vs Mumbai Indians
3.30 PM Delhi

Gujarat Titans vs Rajasthan Royals
7.30 PM Ahmedabad

Pacer Bartlett was the aggrieved party early as Mhatre smashed him for three fours in a row - a loft through mid-wicket, a flick and a pull. His audacity helped CSK reach 57 for one in the Power Play.

Mhatre seemed to have put behind, at least for now, his issues against short-pitched balls, as the Mumbai young man later pulled Marco Jansen for a six.

Mhatre later punished Marcus Stoinis for two sixes in a row - both down the ground - and the first maximum also fetched his fifty in 29 balls.

But he shrugged a bit against the guiles of Yuzvendra Chahal, failing to read him well. The veteran leg-spinner foxed Mhatre, 17 years younger to him, with a series of googlies, but fortune was not in favour of the former.

On 59, Mhatre was dropped by Vijayakumar Vyshak inside the circle and later on 67 by Shahshank Singh in the deep. **-ANI**

Ayush Mhatre becomes youngest to hit IPL fifty at Chepauk

Chennai Super Kings (CSK) batter Ayush Mhatre made history, becoming the youngest player to score an Indian Premier League (IPL) half-century at the iconic Chepauk stadium on Friday. The 18-year-old Indian U19 World Cup-winning captain achieved this milestone during his side's match against Punjab Kings (PBKS) at Chepauk, scoring 73 in 43 balls, with six fours and five sixes at a strike rate of 169.77

Chennai Super Kings' Ayush Mhatre plays a shot during the IPL 2026 match between Chennai Super Kings and Punjab Kings at the MA Chidambaram Stadium in Chennai

At 18 years and 261 days of age, Mhatre is the youngest to score an IPL fifty at Chepauk. Also, he has joined the elite list of Vaibhav Suryavanshi of Rajasthan Royals (three) and Prithvi Shaw of Delhi Capitals (DC) for most fifty-plus scores in IPL career before turning 19.

His 73 is also the third-highest individual score in IPL before turning 19, with the second-highest score also made by him, a scintillating 94 against Royal Challengers Bengaluru (RCB) last season. The best score by a batter in IPL before turning 19 is owned by Vaibhav Suryavanshi (101 against the Gujarat Titans at the age of 14 last season).

Since his debut season last year, Mhatre has scored 313 runs in nine innings for CSK at an average of 34.77 and a strike rate of over 183, with two fifties and a best score of 94. Mhatre, coming in as an injury replacement for the skipper Ruturaj Gaikwad, scored 240 runs in seven innings last season at an average of 34.28 and a strike rate of almost 189, with a fifty. **-ANI**

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BENGALURU SPEAKS

and gets heard on this page

STORY BEHIND THE PHOTO

IBISES ON WATCH

Our reader shares a striking image of a pair of Black-headed Ibises perched high above the flowing Kaveri River in the Ranganathittu Bird Sanctuary, watchfully scanning for prey. Set against the vibrant backdrop of this renowned bird haven, the moment captures the essence of wilderness and the rich biodiversity that draws bird enthusiasts from far and wide.

The picture was clicked by reader **NJ Ravi Chander**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesofindia.com**

Mega corridor project launched to tackle capital's traffic gridlock

Eight-lane expressway tendered under DBFOT model, promising relief from congestion with phased construction across three packages and strict deadlines

In a step towards addressing traffic congestion in the capital, the Bangalore Development Authority has invited tenders for the first phase of the much-awaited Bengaluru Business Corridor. The move marks the beginning of groundwork for a project expected to play a crucial role in decongesting city roads.

The tender pertains to the construction of an 8-lane stretch spanning 19.8 km from Madavara on Tumakuru Road near BIEC to Ballari Road close to the airport. The project cost for this package has been estimated at ₹3,348.05 crore.

BDA officials said the project will be implemented under the 'Design, Build, Finance, Operate and Transfer' (DBFOT) model. As per the tender conditions, the selected contractor will be responsible not only for construction but also for operation and maintenance of the road for a period of 10 years after completion. The deadline for completing the work has been set at 36 months.

A landmark infrastructure push promises smoother commutes and economic uplift, though land disputes and execution challenges loom large. Citizens hope the corridor will finally ease daily traffic struggles

The tender process is currently underway, with bidders allowed to seek clarifications until April 15. The last date for submission of bids is May 4, while technical bids will be opened on May 6 and financial bids on May 11.

A BDA official said, "The first phase of the corridor spans a total of 73.4 km and has been divided into three packages. While Package 1 (Tumakuru Road to Ballari Road) has now been tendered, Package 2 will cover the stretch from Ballari Road to Old Madras Road (18 km), and Package 3 from Old Madras Road to Hosur Road (27.75 km). The overall project requires acquisition of approximately 2,557 acres of land, with final notification already issued for 2,810 acres. Of the 3,586 landowners involved, several have already given consent for acquisition. However, multiple petitions related to land acquisition are currently pending before the Karnataka High Court, and implementation of the project will be subject to the court's final verdict." Industry leaders have welcomed the development, praising Deputy Chief Minister DK Shivakumar for pushing the project forward. Calling it a "major relief" for Bengaluru, civic activists highlighted the importance of the Peripheral Ring Road in easing the city's growing traffic burden. — BMB

Heavy traffic congestion reflects urgent need for Bengaluru Business Corridor, with BDA inviting tenders for 8-lane stretch linking Tumakuru Road to airport.

DID YOU KNOW?

Observations from the NASA–CNES SWOT satellite following a powerful earthquake near Russia's Kamchatka Peninsula are offering new insights into how tsunamis form and travel. The magnitude 8.8 quake on July 29, 2025, generated waves that spread across the Pacific Ocean, providing a rare opportunity for detailed study. Within 70 minutes of the quake, SWOT captured not only the main tsunami wave but also smaller trailing waves, a pattern long predicted but rarely observed in real conditions. Scientists found these trailing waves occur when earthquake movement extends close to ocean trenches, where tectonic plates meet. In such cases, shorter, slower waves follow the faster leading waves, creating a complex wave structure. Unlike traditional sensors, SWOT maps sea surface height across a wide area, enabling clearer visualization of tsunami behavior. The study also pinpointed the tsunami's origin within 10 km of the trench, a detail previously difficult to detect. These findings could significantly improve tsunami modeling, hazard prediction, and coastal preparedness, helping communities better withstand future disasters.

— AP

Person shows phone alert urging tsunami evacuation in Dichato, Chile after Kamchatka quake triggers warnings

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9591233247
Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

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False claims Trump made as he addressed the US about Iran

The Claim: Trump claimed Iran's regime killed 45,000 protesters during recent unrest, portraying the government as extremely violent toward its own citizens during nationwide demonstrations.
Fact: Verified deaths exceed 7,000 per Human Rights Activists News Agency; Iran claims 3,117. Higher figures remain unverified due to restricted internet, communication barriers, and limited independent access.

Trump claimed, "We were a dead and crippled country after the last administration and made it the hottest country anywhere in the world by far, with no inflation." This claim repeats a familiar line. However, the economy he inherited showed strength. In 2024, the final year of Joe Biden's presidency, US gross domestic product grew 2.8% after adjusting for inflation, outperforming nearly every wealthy country except Spain. The economy also expanded steadily from 2021 through 2023. Under Trump, growth slowed to 2.1%, partly because a 43-day federal government shutdown reduced output between October and December. Inflation also persists. The Labor Department reported that the consumer price index rose 2.4% in February compared with the previous year, remaining above the Federal Reserve's 2% target.

'Regime change'

Trump said, "Regime change was not our goal but regime change has occurred because all of their original leaders are dead." This assertion lacks credibility. After Israel launched airstrikes on Feb 28, the attack killed Supreme Leader Ayatollah Ali Khamenei. Iran installed his son Mojtaba as supreme leader, and analysts consider him more hard-line. The Revolutionary Guard strengthened its influence, while civilian leadership admitted it lacked control over the Guard. Despite signals from Trump and Israel urging Iranians to rise up, no uprising has occurred.

Protester deaths

Trump claimed Iran's regime killed 45,000 protesters. No verified data supports that number. The Human Rights Activists News Agency confirmed just over 7,000 deaths during nationwide protests, while acknowledging that communication restrictions limit verification. Iranian authorities reported 3,117 deaths, and activists estimated higher figures, but none reached Trump's claim.

Middle East oil

Trump said the US no longer needs Middle Eastern oil. While the United States leads global oil production and imported only 8.5% from the Persian Gulf in 2025, global markets still determine prices. Disruptions affect all countries. Since the Iran war began, benchmark crude prices rose over 50%, and gasoline prices exceeded $4 per gallon.

Inflated investments

Trump cited $18 trillion in investments entering the US. He provided no evidence. Official figures on the White House website list $10.5 trillion, including commitments made before his term. Analysts question whether even $5 trillion will materialize.

Cash to Iran

Trump claimed Barack Obama gave Iran $1.7 billion in cash. The US paid that amount to settle a decades-old debt for undelivered military equipment, not as a gift. — AP

ZEN AND NOW

Benefits of mindfulness meditation go far beyond relaxation, here's what it is and how to practise it

Imagine being asked to sit alone in a quiet room for 15 minutes with nothing to do – no phone, no music, no external distraction. In a well-known 2014 study, many participants found that task so challenging that they chose to press a button to give themselves an unpleasant electric shock instead of continuing to sit with their thoughts and sensations.

Because being with their own thoughts, emotions and bodily sensations can be so difficult, people often turn away from them. Smartphones offer constant distraction from boredom or stress, allowing users to disengage from their present-moment sensations and thoughts with a quick swipe or tap.

But avoiding unpleasant internal experiences can backfire. Studies show that doing so is associated with a range of mental health problems, including anxiety and depression.

We are psychological scientists who study mindfulness and how it affects stress, health and well-being.

Mindfulness is a mental state that people can learn to cultivate through training. When people are mindful, they direct their attention toward their moment-to-moment bodily sensations, emotions and thoughts, and they meet those experiences with an attitude of curiosity and open acceptance.

Mindfulness can be cultivated through "mindful moments" in daily life, moments in which people intentionally stay present with what they do, hear, see or feel. Our research shows that training acceptance during mindfulness meditation can substantially improve your emotional well-being.

Tuning into experience can be hard – and helpful

Popular culture often portrays mindfulness as a way of relaxing. But we've found that mindfulness practice can often feel surprisingly difficult. In one of our studies, participants who directed their attention to their thoughts and feelings during a 20-minute mindfulness meditation noticed six times more unpleasant experiences than pleasant ones.

This doesn't mean they were doing it wrong. Turning your attention inward can feel challenging. Often, it brings you into contact with experiences that you normally try to push away, such as feeling bored, uncomfortable or agitated. However, we've also found that facing difficult experiences during mindfulness training can have positive effects.

In particular, adopting an accepting attitude toward your experiences seems to drive many of the positive effects of mindfulness. Our research shows that developing the capacity for acceptance through mindfulness meditation can reduce feelings of loneliness and increase positive emotions, such as happiness.

In these studies, we have found that acceptance is the critical driver. When acceptance is removed from mindfulness training, these benefits largely disappear.

The power of learning to accept experience

A key part of mindfulness practice involves turning toward difficult experiences, such as stress, boredom and pain, rather than seeking distractions or pushing those experiences away. It means noticing feelings and thoughts as they arise, sensing how they show up in the body, and approaching them with an attitude of acceptance rather than judgment or resistance.

A helpful way to think about this comes from the "two arrows" metaphor, which is rooted in East Asian Buddhist traditions. It teaches that there are two types of suffering, which can be likened to being struck by two arrows.

The first arrow is the unavoidable unpleasant experience that comes with being human – for example, feeling exhausted after a poor night's sleep. The second arrow is how we react to that unpleasantness: tensing up, resisting it, replaying it in our mind, criticising ourselves or trying to escape it. Often this second arrow adds more suffering than the original unpleasant experience.

In mindfulness practice, the goal is not to stop having unpleasant sensations and feelings.

For example, let yourself feel bored without immediately reaching for distraction. Acknowledge anxiety, sadness or grief with openness, instead of trying to suppress those feelings or fueling them with harsh self-criticism.

Practicing mindfulness in everyday life

One way to cultivate this attitude is to treat thoughts, emotions and sensations as guests in your inner landscape. Instead of fighting them or clinging to them, notice when they arise. Acknowledge and welcome them, and when they naturally change, let them go. Some people find it helpful to imagine holding a difficult feeling as they would a crying baby, with a touch that's steady, supportive and kind.

Every small step matters. Over time, brief moments of responding to stress or discomfort with mindfulness can reshape how you relate to challenges.

(By Yuval Hadash and J David Creswell, Carnegie Mellon University, The Conversation)

MIRRORLIGHTS

Older adults in India at 12% higher depression risk when children unemployed: LASI data

A new analysis of data collected as part of India's longitudinal survey of older adults reveals a 12 per cent higher risk of depression when adult children are unemployed.

Findings published in the journal Social Science and Medicine also show that the link between older adults' well-being and children's employment status is stronger in families where children's economic and social support is crucial to parents' security.

Researchers, including those from Sweden's Umea University, also found that older adults who are socially active fare significantly better compared to those living isolated lives.

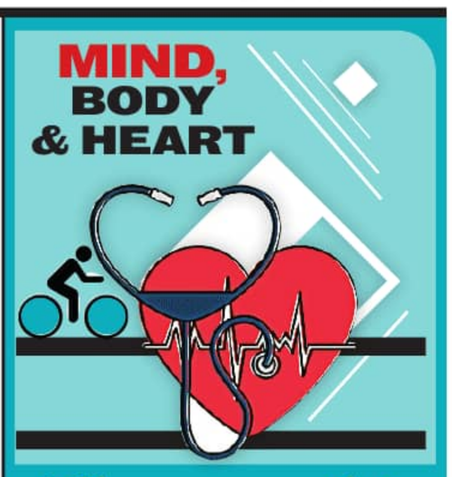
The team analysed data from the Longitudinal Ageing Survey of India (LASI), a full-scale, nationally representative survey of over 73,000 adults aged 45 and above, initiated by the Ministry of Health and Family Welfare. Wave 1 of LASI was conducted in 2017-18.

Despite having a young population, India is home to the world's second largest absolute number of older adults and does not have a formal universal healthcare system, the researchers said.

Only 18 per cent of the older adults aged 60 and above are covered by health insurance, they said.

The team also noted the country's family-based culture where young members care for parents and grandparents, indicating a heavy dependence of the older adults on adult children for financial and healthcare support.

Unemployment among first-born sons was found to be more strongly linked with the parents' depression risk, compared to unemployment among first-born daughters – the result reflects India's cultural norms where eldest sons are expected to support parents in their later lives, the researchers said. —PTI



All you need to know about...

Energy boost

Make quality sleep a priority
Aim for at least eight hours every night. Make a sleep routine and start dimming the lights a little before. Your body repairs and cleanses when you sleep and with the toxins out, your brain functions more efficiently. When you are consistently well-rested, your energy levels remain steady throughout the day.

Make hydration a norm
Hydrate, hydrate, hydrate. That should be your mantra. For all the nutrients to travel through your body you need liquid. Once you see how hydration beats sluggishness, you will vouch for it. It supports circulation and oxygen flow, helping your body maintain optimal energy levels.

Eat balanced, nutrient-rich meals
You need to fill your plates with all kinds of good and nutrient dense foods. Focus on fruits, vegetables, whole grains, lean protein and lots of healthy fats. A balanced meal ensures your body sees a steady release of energy.

Move your body regularly
Engage in physical activity for at least 30 minutes every day – whether it is a walk, stretching, yoga, or exercise. Exercise increases blood flow and releases endorphins, which help reduce fatigue and boost overall energy and mood.

Get exposure to natural light
You need to get the light from the sun over your body, the soft heat of around 8 am or 5 pm. This does not mean walking in the peak sun for a long period of time. The light helps regulate your body's circadian rhythm and improves alertness. This, in turn, makes you sleep better at night.

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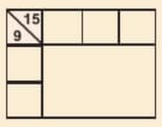
SOLVE IT IN A MINUTE

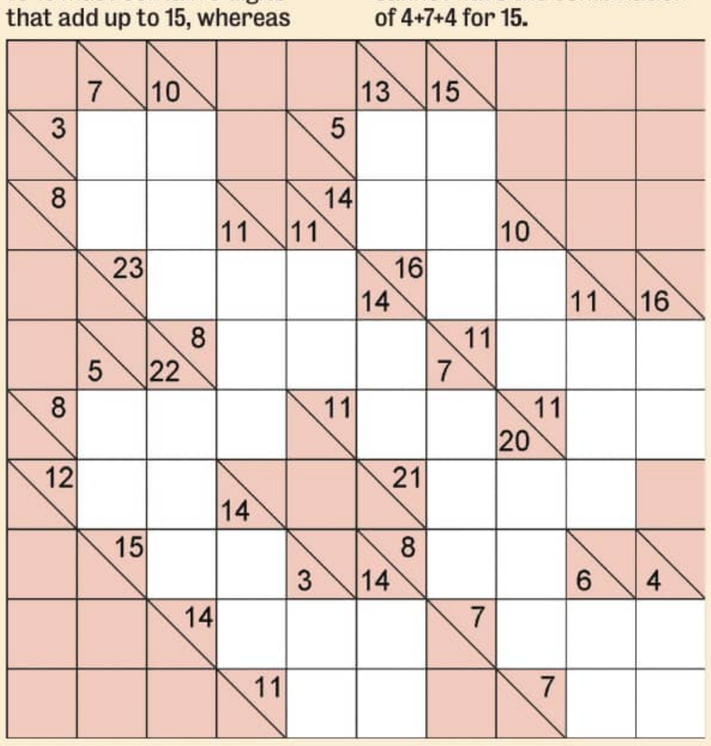
(1/3 ÷ 1/3 ÷ 1/3 ÷ 1/3) / 1/3 = ?

Kakuro

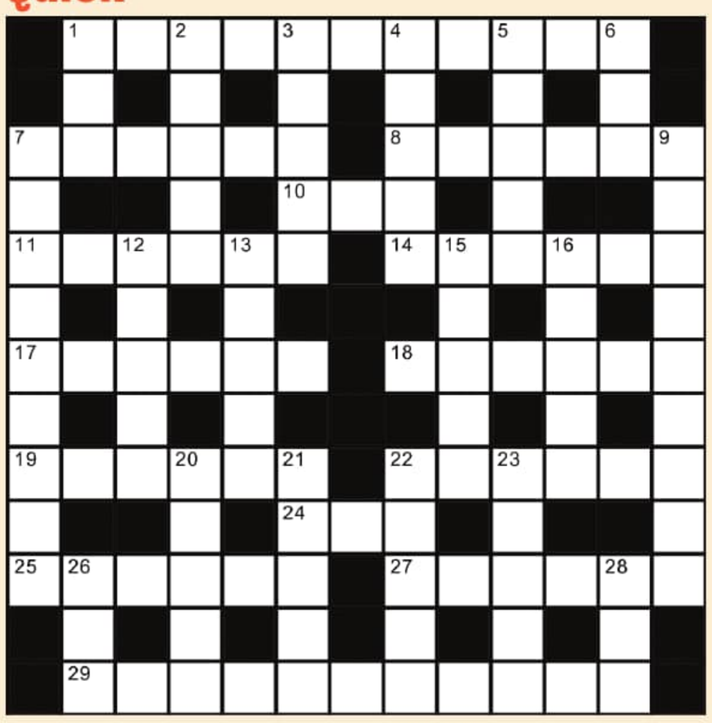
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Detectable (11)
7 Young and beautiful maidens? (6)
8 Allot (6)
10 One as a prefix (3)
11 Quick look (6)
14 Bookie's signalling system (3-3)
17 Narrate or describe, especially as an eye witness (6)
18 Group of rhymed lines (6)
19 Unidirectional (3,3)
22 ___ ___ with : begin to associate with? (4,2)
24 In the style of (1,2)
25 Money placed in care of third party until all legal obligations are met (6)
27 The human soul or spirit (6)
29 Great disaster (11)

DOWN

1 To carry on a trade (3)
2 Reach maturity (5)
3 Follow (5)
4 Characteristic (5)
5 Fundamental (5)
6 Unit of energy (3)
7 National park home to many tigers and elephants (9)
9 Very, very pleasant indeed? (4,2,3)
12 Fully sufficient (5)
13 Preposition meaning about (5)
15 A prefix meaning "within" (5)
16 Slight color or tint (5)
20 As bad as can be (5)
21 Shows boredom (5)
22 Thin candle (5)
23 Stimulate or excite, in a way? (3,2)
26 Dry especially for wines (3)
28 ___ and cry : Furore (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Z EQUALS S

ZG EHNNEV JGDV, ZG PBUW NG JG.

Linemaro

You are my favourite weakness

Mindchow

To improve is to change; to be perfect is to change often

Joke of the day

My brother is gay and my parents don't care, as long as he marries a doctor

Loop

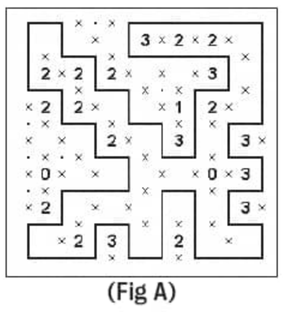
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

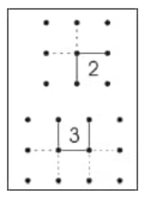
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

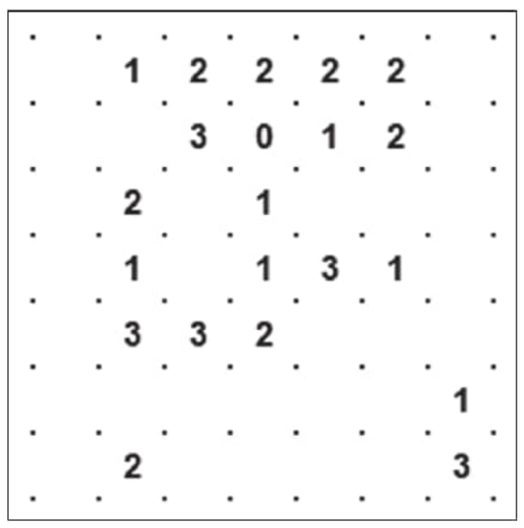
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



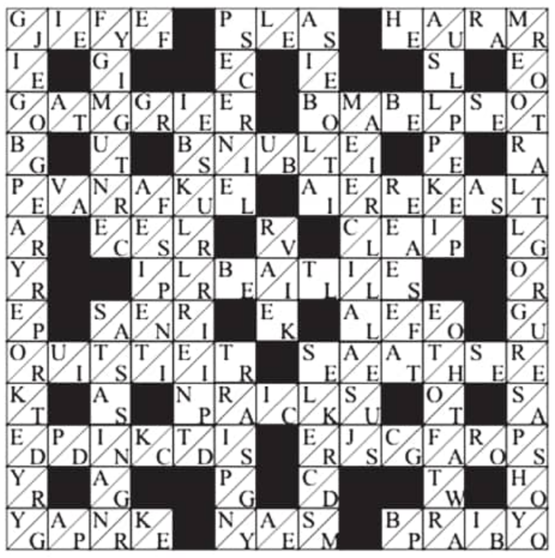
(Fig A)



(Fig B) Not Allowed



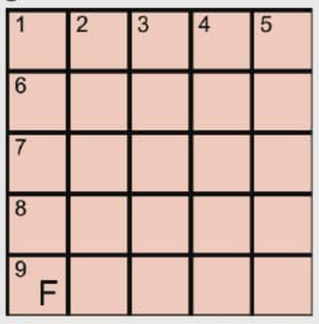
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

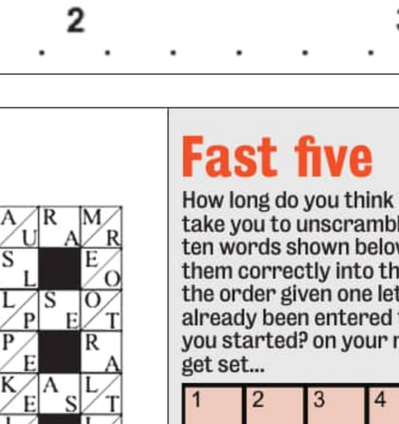
1 A cleg; 6 Adorn; 7 Paint; 8 Agree; 9 If Rye

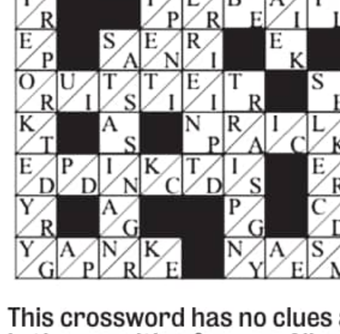
DOWN

1 If Erg; 2 Liana; 3 A aged; 4 Recop; 5 Try Ne

Mensapuzzle

Which number is missing from this wheel?





Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

SudokuChallenge

3								2
	5		3		9		1	
		9	4		1	6		
	9	1		5		2	3	
			1		3			
	3	7		8		4	9	
		3	6		2	1		
	6		8		5		2	
8								4

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy

= 22

4 6 6 6

Medium

= 17

4 6 6 1

Hard

= 4

2 4 6 8

Hocusfocus

Find at least six differences in details between panels.

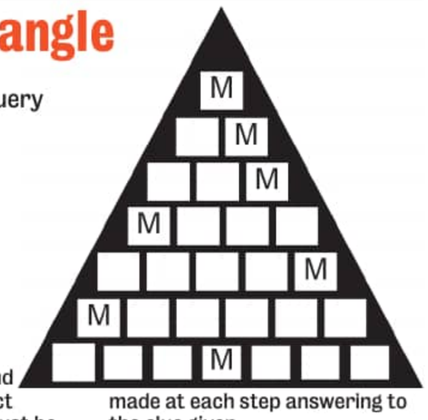
Differences: 1. Pocket is different. 2. Button is added. 3. Side mirror on car is missing. 4. Bow is larger. 5. Mouth is open. 6. Earring is different.

Riddler

If you throw me from the window, I will leave a grieving wife. Bring me back, but in the door, and You'll see someone giving life! What am I?

Alpha triangle

1 Bond's boss
2 Start of Cain's query
3 On the _ fleeing
4 Post
5 Allege
6 Evil intent
7 Obsolete beaker

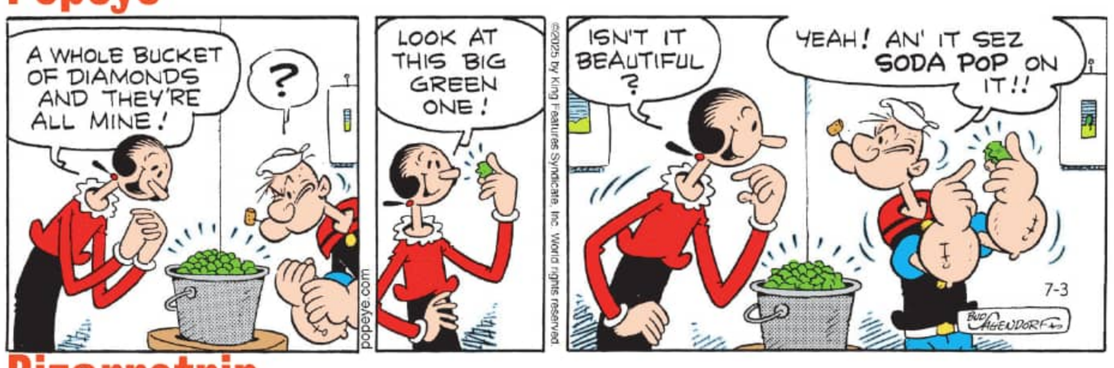


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


A WHOLE BUCKET OF DIAMONDS AND THEY'RE ALL MINE!
?
LOOK AT THIS BIG GREEN ONE!
ISN'T IT BEAUTIFUL ?
YEAH! AN' IT SEZ SODA POP ON IT!!
7-3
popeye.com
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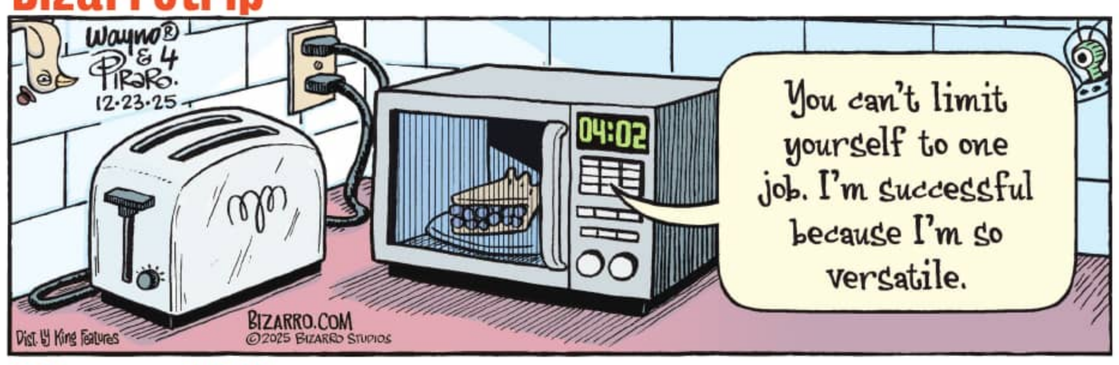
Bizarrotrip


Wayno & Piraro 12-23-25
04:02
You can't limit yourself to one job. I'm successful because I'm so versatile.
Dist. by King Features
BIZARRO.COM
©2025 BIZARRO STUDIOS

Diamond Lil

EVERY YEAR YOU WANT THIS CAR FOR CHRISTMAS, SAM... WHAT'S SO SPECIAL ABOUT A CAR, ANYWAY?!
IT'S NOT A CAR, LIL... IT'S A '69 CAMARO!
AM I MISSING SOMETHING HERE?
YES. A "Y" CHROMOSOME
12/23
©2014 creators.com
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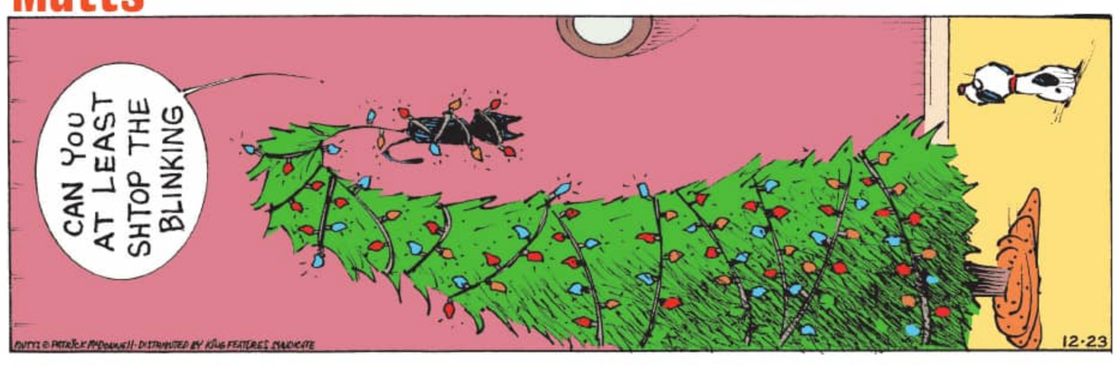
Hart of the city

DEAN'S HAVING A SURPRISE BIRTHDAY PARTY IF YOU WANNA COME!
DEAN TATULLI? THE MASCOT?? OF COURSE WE WANNA GO.
I CAN'T BELIEVE WE GOT INVITED TO A SCHOOL CELEBRITY'S BIRTHDAY PARTY.
NOTE TO SELF: ASK DEAN IF HE KNOWS THAT HE'S A SCHOOL CELEBRITY.
HEART OF THE CITY © 2025 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

DID YOU REMEMBER TO CLOSE THE BASEMENT DOOR SO PICKLES CAN'T GET OUT?
YEP, I'M POSITIVE.
BATTUK & DAVIS
12-23
© 2025 Mediagraphics, Inc. Dist. by Andrews McMeel Syndication

Mutts



WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

Today marks the beginning of a steady, rewarding year ahead. Travel plans connect with professional ambitions, opening surprising doors. Romance grows stronger through loyalty, laughter, and thoughtful gestures. Money matters improve when you trust your practical instincts. Domestic life feels comforting, with meaningful routines grounding you. Celebrate quietly or loudly, but remember every brave choice this year builds lasting success.

Aries Mar 21 – Apr 20

Partnerships may feel frustrating today, Aries, especially if someone seems to take advantage of your goodwill. Reflect on boundaries. Spending meaningful time with your partner tonight restores connection and reminds you what matters.

Taurus Apr 21 – May 20

Your health remains stable today, Taurus, though travel may feel exhausting. Long-term financial opportunities appear through thoughtful investments. Keep emotions balanced, as anger could cloud judgment. Fortunately, your romantic life brings warmth and joy.

Gemini May 21 – Jun 21

Stress from responsibilities at work and home may trigger irritability today, Gemini. Careful financial planning is necessary to avoid shortages. Remain patient in conversations, as impulsive reactions could create tension within your relationship.

Cancer Jun 22 – July 23

Pride in your child's accomplishments brings happiness today, Cancer. Focus on strengthening financial security through mindful saving. Communicating feelings may feel difficult, but admitting mistakes and offering sincere apologies can improve relationships.

Leo Jul 24 – Aug 23

Someone looks up to you as a role model today, Leo, so act with integrity and kindness. Positive work changes may occur, though unresolved matters could still spark tension with your spouse.

Virgo Aug 24 – Sep 23

Managing emotions carefully helps prevent feelings of isolation today, Virgo. Romantic moments may brighten your mood. Though motivation might feel slow initially, productivity increases, and your partner makes thoughtful efforts to support you.

Libra Sep 24 – Oct 22

Your health appears stable today, Libra, but avoid property investments for now to prevent complications. Joyful news or celebrations related to a new addition in the family may bring warmth and happiness.

Scorpio Oct 23 – Nov 22

A relaxing trip or outing may help you unwind today, Scorpio. Be mindful of impulsive spending, however. Cooperation within the home creates harmony, while romantic thoughts and feelings occupy your mind.

Sagittarius Nov 23 – Dec 22

Financial stability begins with conscious saving today, Sagittarius. Offering guidance to others brings personal satisfaction. Romance may feel exciting yet temporary, while work continues smoothly even if you choose to rest.

Capricorn Dec 23 – Jan 20

Family members may request financial support today, Capricorn, which could feel burdensome briefly. Difficult moments carry valuable lessons. Love brings joy, and maintaining a positive outlook helps you navigate the day.

Aquarius Jan 21 – Feb 19

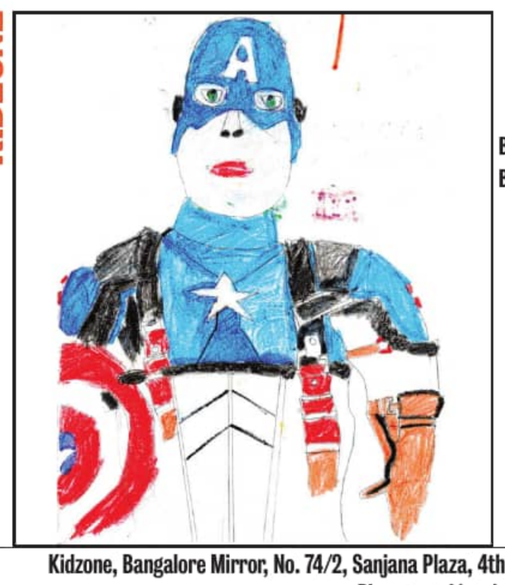
Approach today with a lighthearted attitude, Aquarius. Seek reliable advice before making investment decisions. Honest emotional communication strengthens relationships, though romantic encounters may feel exciting but short-lived.

Pisces Feb 20 – Mar 20

Encouraging professional news may reach those working in banking today, Pisces. Promotions could be possible. Quiet moments encourage reflection, though financial complications might arise due to your partner's decisions.

www.sundeepkochar.com

KIDZONE



Bharadwaj
Bengaluru

Tejaswini,
Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M (1/3 x 3/1 x 3/1 x 3/1) / 1/3
(3/3 x 3/1 x 3/1) / 1/3
(1 x 3/1 x 3/1) / 1/3
(3/1 x 3/1) / 1/3
9/1 / 1/3
27/1 = 27

RIDDLER
The letter 'n'.
window – widow & door – donor

QUOTE UNCODE
So little done, so much to do.

FAST FIVE

F	I	E	R	Y
E	A	G	E	R
I	N	A	P	T
R	A	D	O	N
G	L	A	C	E

STRIKE OUT

J	I	F	F	P	E	A	H	A	R	M
I	I	E	I	R	S	E				
G	U	B	I	B	L	E	E	A		
G	A	G	G	E	R	O	M	E	L	E	T
I	I	E	I	R	S	E				
E	A	R	F	U	L	I	R	R	E	A	L
R	E	E	L	V	C	E	P	L		
Y	I	L	E	I	T	I	S	O		
P	A	N	I	E	L	E	O	G		
O	U	S	T	E	R	S	E	T	T	E	R
K	S	N	A	I	L	S	T	A		
E	D	I	C	T	S	E	S	C	A	R	P
R	G	P	D	W	H					
Y	A	N	K	Y	E	S	B	A	B	Y

QUICK

P	E	R	C	E	P	T	I	B	L	E	
L	I	N	R	A	S					
E	S	C	R	O	W	P	S	Y	C	H	E
L	O			A	L	A		E	I		
O	N	E	W	A	Y	T	A	K	E	U	P
H	L	C	R	S	T	A	N	Z	A	S	
R	E	P	O	R	T	S	T	A	N	Z	A
A	M	I	N	I	E						
G	L	A	N	C	E	T	I	C	T	A	C
A	E	U	N	I	I	A	S	S	I	G	N
N	Y	M	P	H	S	A	S	S	I	G	N
L	I	N	R	A	R						
P	E	R	C	E	P	T	I	B	L	E	

MENSA PUZZLE
49. Square the values in the segments on the left half, and put the results in the opposite segment on the right.

BULL'S EYE
cone, cosy, COVNESS, nose, nosy, once, scone

SUDOKU

3	1	6	5	7	8	9	4	2
4	5	2	3	6	9	8	1	7
7	8	9	4	2	1	6	5	3
6	9	1	7	5	4	2	3	8
2	4	8	1	9	3	5	7	6
5	3	7	2	8	6	4	9	1
9	7	3	6	4	2	1	8	5
1	6	4	8	3	5	7	2	9
8	2	5	9	1	7	3	6	4

ALPHA TRIANGLE
M, Am, Lam, Mail, Claim, Malice, Alembic.

GO FIGURE
Easy
4 + 6 + 6 + 6 = 22
Medium
6 + 6 + 4 + 1 = 17
Hard
6 – 8 + 4 + 2 = 4

LOOP

KAKURO

Volume No 18, Issue No 014 RNI NO:KARENG/2007/22411 Published for the Proprietors, Metropolitan Media Company Ltd by Lokesh K.V. at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore – 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru – 560 011, Email : mybangaloremirror@timesofindia.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Elegant vintage dining space— Parineeti Chopra and Raghav Chadha showcase a beautifully styled dining area with vintage elements, warm lighting and a classic, intimate ambience

Met Gala comeback?

Alia Bhatt sets speculation soaring with tease about packed May schedule

Alia Bhatt stirred fresh talk around her international fashion calendar after a comment during a Zoom interaction with fans, asking, "Are you attending Cannes or Met Gala this year? We really missed you last year. Let's just say it's going to be a busy May. The exchange brought immediate attention to May 2026 and raised questions about whether she would return to Cannes, the Met Gala, or both. It also put her recent red carpet timeline back in focus.

Met gala buzz

The comment stood out because it tied the current conversation to a clear timeline. Bhatt made her Met Gala debut in 2023 in Prabal Gurung, marking her arrival on one of fashion's biggest global stages. In 2024, she returned in a custom Sabyasachi look that drew wide attention for its detailing, long train, and strong Indian influence on an international carpet.

Her 2024 appearance remained a major reference point in the new conversation. Bhatt wore a mint green saree by Sabyasachi for the Sleeping Beauties theme. The outfit features floral embroidery, semi-precious gemstones, and a 23-foot train. She styled it with fresh makeup, coral blush, soft eyes, a loose updo, and statement emerald and diamond jewelry.

Cannes timeline gap

The line, "We really missed you last year, added another layer because Bhatt was absent in 2025. That gap made the mention of a "busy May more significant and pushed speculation around a return in 2026.

Work front focus

Alia Bhatt is a British actor of Indian descent who works mainly in Hindi films and remains one of India's most prominent stars. Born on March 15, 1993, she has also built a parallel career as a producer and entrepreneur, with her own production house and children's brand. On the film front, she has remained in focus with projects such as 'Alpha' and 'Love & War'. Along with her screen work, her production ventures and business interests have kept her firmly in the spotlight through 2026.

—ETimes

Ranbir missing at event

Ramayana directed by Nitesh Tiwari is one of the most anticipated films of the year. The first look of Ranbir Kapoor as Lord Rama was unveiled in Mumbai at a grand event on Hanuman Jayanti on Thursday. This reveal had already generated buzz after the teaser was first launched in Los Angeles, where Ranbir was present.

A media gathering had been organised to mark the occasion, with Tiwari and producer Namit Malhotra in attendance. Despite the presence of cameras, journalists and a full-scale setup, Ranbir was conspicuously missing.

Interestingly, just a day prior, Ranbir had attended a closed-door screening organised for select media houses, where he appeared alongside Tiwari and Malhotra. The contrast between his presence at the private preview and absence at the official unveiling left many reporters puzzled, as reported by IANS.

Adding to the intrigue, Ranbir had also been actively participating in promotional activities, including attending an event in Los Angeles. His absence was especially noticeable as the unveiling marked a crucial moment for the film.

The film features a star-studded cast including Sai Pallavi, Sunny Deol, Yash, Ravie Dubey and Lara Dutta. Shot for IMAX, Part 1 is expected during Diwali 2026, followed by Part 2 in Diwali 2027, with music by Hans Zimmer and AR Rahman.

—ETimes

Zeenat's vintage reveal

From Prabhas to Shah Rukh Khan, several superstars have reprised the 'Don' character on screen, but Amitabh Bachchan's original portrayal leads the pack. Years later, Zeenat Aman shared a behind-the-scenes memory from the 1978 cult classic 'Don'. The actress revealed that pushing Amitabh Bachchan in a wheelchair during a key scene was far more difficult than it appeared on screen. She posted the vintage clip on Instagram and recalled the challenges of filming that sequence. Zeenat Aman took to Instagram to share a scene from 'Don'. She wrote, "I presume there's such a thing as vintage video Wednesday? Yes, this is THAT scene from (the original 1978) Don-Roma, ever enterprising and daring dupes the police and escapes with an unconscious Don from a hospital room." Zeenat explained, "Because that relic of a wheelchair, with Mr Bachchan's dead weight to boot, was awfully difficult to manoeuvre. I had to keep my poker face for the part, while pushing with all my might!" Zeenat expressed her love for her character Roma, saying, "I also relished Roma's character. She was smart, daring, and smooth. Who wouldn't want to embody s uch a woman!" She also showed interest in another reboot of Don.

—ETimes

SANDALWOOD SHOTS

Y MAHESWARA REDDY

From fan to film

Power Star Puneeth Rajkumar is an idol for his fans. of his fans have done wonderful and commendable deeds in his memory. Now, S Mohan, one of the fans of Puneeth Rajkumar, has supported a movie Puneeth Nivasa that revolves around a fan who invests his life savings to construct a building in memory of his favourite star. The movie Puneeth Nivasa is scheduled for release on April 24 which happens to be Kannada matinee idol Dr Rajkumar's birthday. The movie is supported by S Mohan and directed by Nagendra Prasad. "The movie revolves around Mallu, an orphan. Mallu not only watches Puneeth Rajkumar's movies but also follows his favourite actor's ideas and principles. What happened to him after constructing the building is what the movie is all about," said director Nagendra Prasad. Meanwhile, producer S Mohan said that he received 50 scripts but finalised this script as it is apt for the title of the movie. "I constructed a house for the shooting of this movie," he said.

Musical mystery

The team members of the forthcoming Kannada movie Goggayya have decided to unveil one of the songs ahead of its release. If all goes well, the movie is scheduled for release on April 10 across the state. Vasanth, who worked as associate director for a few Kannada movies, handled direction, played the protagonist and also composed music for this film. "I am very happy to have this opportunity. The movie Goggayya has all elements including comedy, horror, and sentiment", said Vasanth. The song – Nee Hedaradiru – was sung by well-known playback singer Kailash Kher. The song has become popular among music lovers. I want moviegoers to encourage and support this movie", he said. Meanwhile, producer Radha said she agreed to invest as the script was interesting. "I suggested the title and the director okayed it. The movie has turned out well. I want to thank all the cast and crew for their support and hard work during the shooting", she said.

The movie features Vasanth, Sneha, Kaurav Venkatesh and Vaibhav Nagaraj.